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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

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February is American Heart Month...

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, the Centers for Disease Control and Prevention (CDC) is offering weekly tips for better heart health.

Take your first step on the road to a healthy heart with us. Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each



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year-that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women. As you begin your journey to better heart health, keep these things in mind:

- Don't become overwhelmed. Every step brings you closer to a healthier heart.
- Don't go it alone. The journey is more fun when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

For more ideas about simple steps to take every day for better heart health, [visit this page!](#)

The 2014 Locally Grown Food Festival will be held March 21 in Corning!

Cornell Cooperative Extension of Steuben County is pleased to invite you to the **2014 Locally-Grown Food Festival!** It will be held **Friday, March 21, 2014** from **5:00-8:00 p.m.** at Union Hall, 100 civic Center Plaza in Corning.



Our previous vendors have spoken and asked us to host this fun and educational event this spring! Hundreds of people have attended this great local foods event in the past and we hope to draw in another big crowd to support our local farms!

Farmers from across the Finger Lakes region are invited to participate. Livestock, fruit, veggie, maple, honey, preserves, CSA's and other local producers are invited to be vendors at this event also designated as a farmers' market. The event will feature food dishes made with various local meats, vegetables, fruits, preserves, and herbs. Vendors will

be provided with a 6-foot table to promote their farm and farm products. This event will

allow you to educate consumers, meet new customers, promote your farm and sell your product. The event will be designated as a farmers' market allowing for onsite sales!

If you would like to be part of the Locally Grown Food Festival please fill out the registration form and return it to CCE-Steuben by March 3rd. Space is limited, so please register as soon as possible. Checks should be made out to CCE-Steuben. The fee is \$25.00 for a 6-foot table (sorry only 1 table per farm). If you have any questions please contact Kerri Bartlett at 607-664-2311 or ksb29@cornell.edu.

Since there will be NO door charge this year CCE will offer fewer prepared dishes and we will not be able to purchase as much product as we have in the past. If you are interested in donating product to be sampled (or offering products at a reduced price) please indicate what you have available below (and the price). We still encourage those who can sample at a famers' market to do so at your discretion.

Learn about maple syrup production this Sunday...

Backyard Maple Sugaring Workshop
Sunday, February 2nd
Mecklenburg NY
1:00 p.m. - 4:00 p.m.

If you've ever considered tapping a few trees in the backyard, collecting the sap, and making your own maple syrup, Wellspring Forest Farm invites you to a workshop on the basics of small-scale maple syrup production. We will cover the basics of tapping, collection, boiling, and finishing of sap and syrup. In addition to sugar maples, black walnuts and birches can be tapped and this potential will also be discussed.



The workshop will take place on farm and includes a tour of the small sugarbush of about 100 trees (hopefully we will be boiling!). The class will be led by Steve Gabriel, who has been sugaring for almost ten years on a range of scales from 5 to 500 trees. The cost for the class is \$10 per person.

Free Workshop on Long Term Care Planning - coming Feb. 3

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 **Monday, February 3, 2014** at the **Dormann Library**, 101 West Morris St., 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.com.

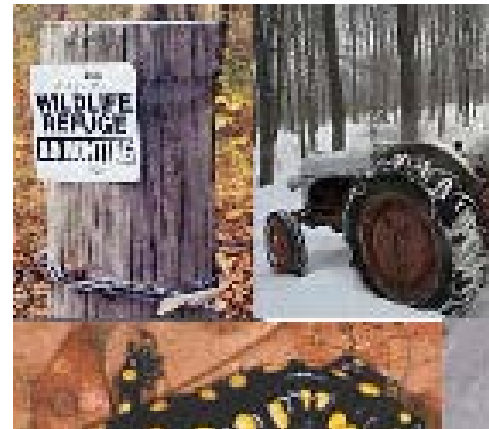
22nd annual Rural Landowners Workshop

Cornell University Cooperative Extension's **22nd ANNUAL RURAL LANDOWNER WORKSHOP** will be held **Saturday, March 1, 2014** at Pioneer Central School, County Line Rd Yorkshire, NY

Registration begins at 8:30 a.m.
Refreshments/Exhibits in Cafeteria

Auditorium: 9:15-10:15 a.m.
Opening Session - Success Stories Managing Invasive Species

[Visit our website for full details!](#)



Free Estate Planning Documents Workshop

Do you have the **Five Critical Estate Planning Documents**
...and five more you may want to consider?



Is your estate plan a comprehensive estate plan which includes all of the five critical documents? Do you know what could happen if you don't have one or more of these documents in place? Cornell Cooperative Extension of Steuben County is offering a free workshop to answer these questions, Five Critical Estate Planning Documents ...and five more you may want to consider on **Thursday, February 27 from 2:00 - 4:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning, NY.

Patrick Roth, Elder Law Attorney, CPA from Corning, will lead both workshops and discuss such topics as:

- What can happen if you never get around to completing your plan?
- What do each of these documents do and what happens if you don't have them.
- Learn how to prevent disaster from striking you and your loved ones.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

Are you letting the DEEP FREEZE steal your paycheck?

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you're spending on heating your home! Spend a couple hours with Energy Educator Nancy Reiglesperger in our **FREE Save Energy Save Dollars** class in several upcoming locations.

- **Tuesday, February 4, 2014** from 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.
- **Tuesday, February 10, 2014** from 1:00-3:00 p.m. at the Dansville Library, 200



- Main Street, Dansville
- **Tuesday, February 11, 2014** from 6:00-8:00 p.m. at the Dormann Library, 101 West Morris St., Bath.
 - **Tuesday, February 25, 2014** from 6:00-8:00 p.m. at the Cornell Cooperative Extension of Livingston County, 3 Murray Hill Drive, Mt Morris.
 - **Thursday, February 27, 2014** from 12:15-1:30 p.m. in the Learning Center, Room R213 at Corning Community College, a Academic Drive, Corning.

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out on these money-saving tips!

Each participant will receive a FREE energy saving item. Please help us plan for the number of attendees by calling to register your space at 607-664-2300.

Empower New York Workshops are sponsored by the New York State Energy Research and Development Authority (NYSERDA) and developed by Cornell University Cooperative Extension and NYSERDA. Cornell Cooperative Extension of Steuben County provides equal program and employment opportunities.

Need help filing your taxes?

With **MyFreeTaxes**, consumers who earn \$57,000 or less can file their taxes for free:

Visit the [United Way of the Southern Tier](#) to find out more!



America Saves Week is February 24 - March 1, 2014

We encourage you to promote these financial strategies each day of America Saves Week.

1. Monday February 24: Save for Emergencies

- How to do it: Find ways save. [Here are 54 ways to get you started.](#)



**america
saves
week**

2. Tuesday February 25: Pay Off High-Interest Debt

- How to do it: Find places to cut your spending so that you can [pay down your debts faster.](#)
- Find places to [trim your expenses.](#)

3. Wednesday February 26: Save Automatically

- It can be hard to put aside money for savings. But there is an easy way to save money without ever missing it -[make your savings automatic in 2014.](#)

4. Thursday February 27: Save for Retirement

- How to do it: Participate in a work-related retirement program or open up a [Roth IRA.](#) Already saving? Increase the amount you save toward retirement by 1% in 2014.

5. Friday February 28: Save at Tax Time

- How to do it: Use [IRS Form 8888](#) to split part of your refund into a savings account. [Learn more.](#)

6. Saturday March 1: Assess Your Savings

- How to do it: If you only do one thing for America Saves Week, visit [AmericaSavesWeek.org](#) and [Assess Your Savings.](#)

SAVE THE DATE: Good Agricultural Practices (GAPS) workshop

In recent years, several food borne illness outbreaks in produce have made national news. Both the produce industry and the federal government have stepped up demands for fruit and vegetable farms to meet food safety practice standards. These standards are known as **GAPs (Good Agricultural**



Practices).

A new program, Harmonized GAPs, has been developed to combine several food safety certifications into one program. New York's retail produce buyers, such as Wegmans, are asking growers to adopt Harmonized GAPs certification in many cases.

In response, Cornell National GAPs Program and Cornell Cooperative Extension have developed a multi-day workshop. It will take place **February 27-28, 2014 from 8:30 a.m. to 3:30 p.m.** at the Civil Defense Center, 7220 State Route 54, Bath.

[More information and registration form can be downloaded here.](#)

Need a Slaughterhouse? New map simplifies your search!

Are you a livestock or poultry farmer looking for a slaughterhouse and/or processing facility? You've probably discovered that the kind of species you raise, the unique production practices you use, and the way you market your meats are all factors in determining the type of slaughterhouse facility that's right for you. With both state and federal systems for slaughtering and processing animals, it can be confusing to understand which certifications and exemptions apply to your farm enterprise. Once you do, it can be difficult to locate a slaughterhouse that offers the specific set of services you need within a reasonable distance.



In an effort to simplify your search for the most suitable facility, the Cornell Small Farms Program is pleased to announce a new tool, the NY State Slaughterhouse Map.

For more information and a link to this map, [visit our website.](#)

28 Days to a Healthier Heart...

February may be the shortest month of the year, but it's enough time to achieve some big improvements in your heart health. Now is the perfect time to get started on a new, heart-healthy game plan. Think about making one small change each week to lower



sodium, get active, quit smoking, and control blood pressure to boost your heart health this month.

[Read this article for easy weekly changes during American Heart Month!](#)

SAVE THE DATE for these horticulture programs...

March 15th

Pruning Workshop Reisinger's Orchard

March 19th

Introduction to Hops and Malted Barley Production

March 27th

Steuben Area Christmas Tree Growers Annual Meeting

June 28th:

Commercial Mushroom Production Field Day
Schuyler County, NY



[Check our website for details](#) as they become available!

Building a better bottom line for berry growers...

Are you confident your commercial berry business is maximizing your return on investment? Is it thriving, or merely surviving? Are berries an asset on your ledger or really a liability?

If you'd like help answering these questions, plan to attend one of the 5 regional berry crop economics workshops using the information and resources generated from Stage 1 of the project, "Building a Better Bottom Line for NYS Berry Growers," funded by New York Farm Viability Institute's Ag Innovation Center.

The purpose of the project is to assist berry growers in evaluating their return on investment (ROI). The project is led by Dr. Marvin Pritts, professor and chair of the



Cornell University's Department of Horticulture. Project team members include: Dr. Bradley Rickard, a professor in the School of Applied Economics and Management, Dan Welch, FarmNet Business and Succession Planning Coordinator and graduate students Peixun Fang and Jianwei Xing from the Cornell's Charles H. Dyson School of Applied Economics and Management. Additional team members are: Cathy Heidenreich, Cornell Department of Horticulture, Alison De Marree, Lake Ontario Fruit Program, Ginny Carlberg, CCE Chautauqua County, Sharon Bachman and Megan Burley, CCE Erie County, Sandra Buxton, CCE Washington County, Katherine Loeck, CCE Tioga County, and Stephanie Mehlenbacher, CCE Steuben County.

BFBS Workshops "Using the Berry Farm Business Summary Results to Improve your Bottom Line Presentation topics:

- Introduction to Financial Statements
- Record Keeping in 2014
- Farm Business Summary History
- Analysis and Application - the Data for the First Year of the BFBS
- Additional topics per location ([see chart at this link](#))

CCE-Steuben Horticulture Educator Stephanie Mehlenbacher will provide information on Crop Insurance on **February 6 from 10:00 a.m. to noon** at CCE-Chemung, Room 110, 425 Pennsylvania Ave., Elmira. For more information contact Stephanie at 607-664-2300 or sms64@cornell.edu.

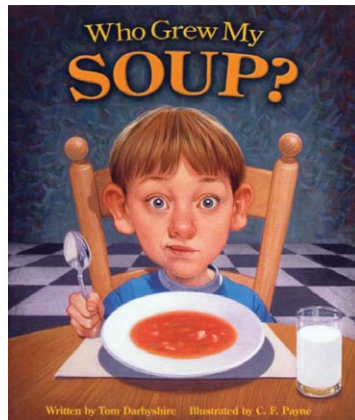
4-H News

NY Ag Literacy Week -Volunteers, Donors and Classroom Requests Needed

New York Agriculture in the Classroom is pleased to announce Ag Literacy week March 17 - 21, 2014 in support of its mission of fostering awareness, understanding, and appreciation of agriculture and the food and fiber system. During that week, volunteers through the state will go into 1st - 3rd grade classrooms to read a



book with an agricultural theme and talk to students about agriculture.



The signature book for 2014 is *Who Grew My Soup?* written by Tom Darbyshire and illustrated by C.F. Payne. In this delightful book, Phineas Quinn questions the vegetable soup his mom serves for lunch. He refuses to slurp a single spoonful until he knows who grew each of the vegetables. Much to his surprise, a man in a flying tomato balloon shows up to answer his questions. Phineas joins the magical Mr. Mattoo as they fly from farm to farm, learning about the amazing vegetables, and meeting the farmers who grow them.

Who Grew My Soup? as the Agricultural Literacy Week book for 2014 will allow students an opportunity to meet and connect students to the farmers in their backyard. As the nation's conversation is focused on healthy living and eating nutritious foods, it is the perfect time to help our students build the knowledge that nutrition starts on the farm. After listening to the story, the students will participate in an activity featuring MyPlate, eating at least 5 servings of vegetables, and introducing actual farmers that grow their favorite vegetables. All lessons, activities, and extensions are aligned to New York State and Common Core Learning Standards.

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 \$8 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 607-664-2306.**

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>

Snowmobile Safety Course being held February 8

In New York all persons who are at least 10 years of age and less than 18 years of age are required to take a New York State Approved Snowmobile Safety Course and obtain a snowmobile safety certificate when riding on public lands. In addition, operators who are at least 10 years of age but less than 14 MUST be accompanied by (within 500 feet of) a person at least 18 years of age. There is an exception to these education requirements: you can operate a snowmobile without a snowmobile safety certificate if you are over the age of 13 and under the age of 18 if you are accompanied (within 500 feet of) a person at least 18 years of age. The Bath Sno-flakes Snowmobile Association will offer the Snowmobile Safety Course on February 8th at the Howard Fire Hall. Class will start at 8:00 a.m. and will run till 5:00 p.m. Children ages 10 to 17 are required to have this class in order to ride on trails in New York State. People of all ages are more than welcome to attend. We prefer that you pre-register by calling 607-776-2261 or you can get there at 7:30 am on the day of the course and register then. Lunch will be provided by the Bath Sno-flakes Snowmobile club. Please call 607-776-2261 with any questions. For more information about the Bath Sno-flakes Snowmobile Association visit

<http://www.bathsno-flakes.com/>

All 4-H members, leaders, and parents are invited to attend the annual 4-H Spring Garden Meeting.

Date: Tuesday, March 18th

Time: 6:30 p.m. Seed Distribution, 7:00 - 8:30 p.m. Program

Location: Steuben County Fairgrounds, Central Steuben Masonic Community Center, Bath

Please plan to attend the annual spring 4-H garden meeting. Tips will be presented on both flower and vegetable gardening and how to exhibit them at the Steuben County Fair. Tom Cortright will present information on exhibiting flowers, You will be able to ask questions. Door prizes will also be awarded to 4-H members. Free seeds will also be given out to 4-H members. More details on the website.

To register for the 4-H Spring Garden Meeting [download the registration form from our website](#) or email Kim at ksb3@cornell.edu or call 607-664-2306 by Monday, March 10.

Youth Conservationist Application due April 1

Youth between the ages of 9 - 18 interested in being the recipient of a Heritage Breed of Sheep can apply for the 2014 Youth Conservationist Program application postmarked by

April 1, 2014. The application must include an essay that answers the question "Why I would like to help preserve a heritage breed of sheep" and a letter of recommendation must be included. If selected must be present to receive the ewe at the Maryland Sheep and Wool Festival on Sunday, May 4, 2014. The Maryland Sheep & Wool Festival is May 3-4, 2014. More information and application are [on the scholarship page](#).

The 4-H Regional Robotics First Lego League (FLL) Teams Open House will be held on February 25 from 6-8 p.m. at the Human Services Complex, Montour Falls for youth ages 8-14 interested in learning more. Attending the Open House will answer their questions about the program and see what is going on in Robotics. Refer to the attached document. If you have any questions contact Roger Ort, Cornell Cooperative Extension of Schuyler County 4-H Program Educator and New York State 4-H Program Specialist in Robotics, at 607-535-7161 or email Roger at rlo28@cornell.edu.

This year's 2014 Vegetable Variety Trial (VVT) called on you to design any or all of the nine raised garden beds in the Vegetable Variety Trails layout. We received multiple designs and now it's time for your vote.

Visit the Design Challenge Photo album on Facebook. Look through all the submitted designs, and VOTE No Later than February 3, 2014 FOR 5 by LIKING the specific design image.

Reminder: design criteria included: Plant choices must be appropriate for the New York State growing regions/Zones 4-7, Consider the whole growing season with preference given to year-round ideas, e.g. season extension and winter cover crops, Replicable designs - can be detailed but not too complicated to follow. [More information on the VVT](#)

Questions, comments: Contact Liz Falk, Professional Development Educator
Cornell Garden-Based Learning, efalk@cornell.edu.

February Dates to Remember:

February 1

Dairy Judging Practice for Cow College at FIDE Farms, Demuns, Troupsburg 1:00-3:00 p.m.

National Swine Registry Picture Judging Contest Entries must be postmarked

February 14-17

[The Great Backyard Bird count](#)

February 15

NYS 4-H Opportunity Scholarship deadline

February 22

General Public Presentations, County Office Building, Bath 9:00 a.m. to noon and 1:00-4:00 p.m.

Horse Public Presentations, County Office Building, Bath 1:00-4:00 p.m.

Outdoor show lining up 2014 sponsorships...

The **8th annual Southern Tier Outdoor Show** will be held **October 11-12, 2014** at Wilkins RV, Inc. in Bath, organized by Cornell Cooperative Extension of Steuben County.

We would like to welcome a brand new sponsor to the 2014 show - **Fins and Feathers Taxidermy Studio**, 5019 Middle Road, Bath, NY. Owners Toni and Tim Millard exhibited at the show in 2013 with great success and will be situated again in their booth in the showroom this year.

Join our winning team! [Find sponsor information online here.](#) Or call Carla Dawejko for details at 607-664-2313.



What's Going On Around the Community...

Corning Winter Farmer's Market continues!

The next Winter Market will be open on February 1 from 11:00 a.m.-3:00 p.m.!! Find many of your favorite vendors inside the Information Center on Market Street! [Keep up to date on their Facebook page.](#)

The 6th Annual Peter Levatich Memorial Seminar:

"Wildlife Habitat Enhancement Through Good Woodlot Management" will be held Saturday, February 22, 2014 from 9:00 am to 12:00 pm at the Spencer-Van Etten High School Auditorium; State Route 34; Spencer, NY. Sponsored by the Southern Finger Lakes Chapter of the NY Forest Owners Association, this event is

free and open to the public. All rural landowners are encouraged to attend for presentations by Cornell Department of Natural Resources wildlife experts Kristi Sullivan and Gary Goff.

Kristi's talk is: "Beauty is in the Eye of the Beholder: Making Your Woods More Attractive for Wildlife". Gary's talk is: "30 Years of Wildlife Management Through Forestry: Successes, Failures, and Suggestions for the Future" Pre-registration is not required, but questions can be referred to Brett Chedzoy at Schuyler CCE: bjc226@cornell.edu, or by phone: 607-535-7161. In the case of cancellation due to extreme weather, notification will be posted by 9:00 p.m. on Friday, Feb. 21st at CCE's forestry forum: www.cornellforestconnect.ning.com.

16th annual Hunting Heritage Fundraising Banquet

The Cohocton Valley Chapter of the National Wild Turkey Federation is proud and pleased to announce our Sixteenth Annual Hunting Heritage Fundraising Banquet. This year our event will be held Friday, February 21, 2014 at the Friends of Howard Community Building (Hopkins Rd, Howard). Doors open at 6:00 p.m. and dinner is at 7:30 sharp!

There will be Raffles, Games, and Verbal and Silent Auctions. Our art is some of the best! We also have some really fine firearms! We encourage you to get your banquet tickets early and take advantage of our early-bird specials! Tickets are limited! Early-bird deadline is 02/14/2014. For more information contact: Cheryl & Mike Warren at warrenc344@aol.com or Patric McGlynn at patricmcglynn@gmail.com.

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Carla Dawejko

Public Affairs Coordinator

Cornell Cooperative Extension of Steuben County

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