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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

August 2014- Vol 6, Issue 8

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New Farmers' Market at Painted Post Depot

The Painted Post Farmers' Market will be opening for their first season Saturday August 2, from 10:00 a.m. - 2:00

p.m. at the Painted Post Depot, 227 Steuben Street, Painted Post. The market will feature vendors selling locally produced meats, eggs, honey, breads, jams, herbs, veggies,

granola, wine and much more. There is something for everyone at the farmers' market!



Southern Tier Outdoor Show 3-D attraction

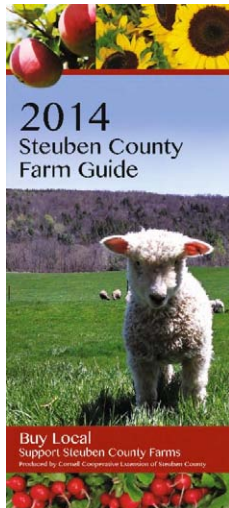
What's Going On in the Community

[Join Our Mailing List!](#)

The Painted Post Farmers' Market will be open Saturdays through October 11. For more information find them on [facebook!](#)

The Steuben County Fair is August 12-17!

Join Cooperative Extension in our booth in the 4-H Building during the Steuben County Fair August 12-17 in Bath. We will offer education and activities around energy efficiency and climate change. Come check out the newest LED lightbulb choices and test the efficiency of solar panels. The CCE Nutrition team will be using fresh local food to make healthy recipes and offer samples during part of each day. The booth is located in the back of the 4-H Building...be sure to stop by!



The CCE Ag team will be highlighting local foods in the Agriculture Building. They will be showcasing the brand new Steuben County Farm Guide. This new resource will help the public to not only buy local and reap the benefits of fresh, safe food, but will also support Steuben County farms. The new map has gained 16 more farms, 10 more wineries, 3 new farm markets and has added 4 new breweries all located across Steuben County. [You can view the new map here.](#)

The [4-H Fair Schedule](#) is available online. Follow this link for a run down of events discussed on [this week's WVIN Community Focus radio show](#). Events to note are:

- The day before the fair opens to the public there will be a 4-H Dog Show. It will be held at 11:00 a.m. on Monday, August 11 in the Horse show ring.
- The 4-H and Open Class Swine Show on Tuesday and the Beef Show on Wednesday are at different times than previous years. Please check the schedule so

you don't miss them!

- The 4-H Swine Show and 4-H Meat Goat Show on Tuesday, Beef Show on Wednesday, and Dairy Show on Thursday will showcase the animals that will be for sale at the Livestock Auction on Friday.
- The 4-H and FFA Livestock Sale will begin at 5:30 p.m. on Friday, August 15. Market Rabbits, Market Chickens, Market Beef, Market Goats, Market Lambs and Market Hogs will be for sale to the public.
- The 4-H Horse Show - both English and Western classes - will begin at 9:00 a.m. on Friday August 15.
- The Cake/Giant Cookie Silent Auction will be held at 3:30 p.m. on Saturday, August 16 in the 4-H Building. It will be held at the conclusion of the cake decorating contest and proceeds will benefit the Steuben County 4-H Activity Fund.



Steuben County Fair Talent Contest

The Steuben County Fair Talent Contest will be held Wednesday, August 13 at 12:00 p.m. on the stage in front of the grandstand. The event is sponsored by Steuben Lodge #11 and the Steuben Masonic District in conjunction with the Steuben County Agricultural Society



There are two categories: Talent Hunt - 13 years of age and over, and Mini Division - 12 years of age and under. Contestants must be strictly amateur. Prizes for each Division are as follows:

1st place	\$125.00 cash
2nd place	\$ 75.00 cash
3rd place	\$ 50.00 cash
4th place thru 7th place	Medal
All participants will receive ribbons	

Entries are accepted through August 01, 2014 at 5:00 p.m. Early registration is advised.

Winning contestants are eligible to compete in the Talent Showcase at the New York State

Fair.

Entry Forms and Official Rules & Regulations can be obtained from

www.steubencountyfair.org

or by calling the Steuben County Fair Office at (607) 776-4801.

The Great Debate: Wills vs Trusts - free workshop on August 20!

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called Wills versus Trusts on **Wednesday, August 20, 2014** from **2:30 - 4:30 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.



Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. He will present such information as:

- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
 - Do you know the unknown truths about planning with a Revocable Living Trust?
 - Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit www.putknowledgetowork.org.

New phone numbers for Cooperative Extension staff

Your Cooperative Extension office is becoming more efficient in using our funding by switching to a much more inexpensive telephone system. The advantages, besides the savings, are integrating higher technology and flexibility in features to provide better service to the public. The drawback is that each staff member has been given a brand new telephone number. If you are trying to reach a specific staff member on our team, please note the following new phone numbers:

Bambi Caron, Administrative Assistant 607-583-3287
Carla Dawejko, Public Affairs Coordinator 607-583-3224

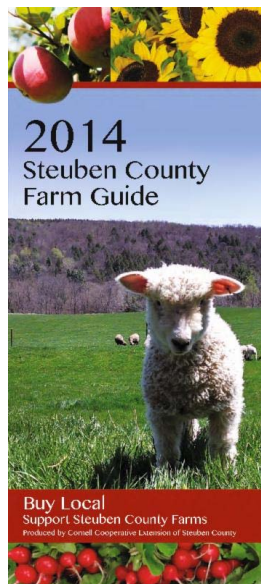
Jenny Guarino, 4-H Educator 607-583-3245
Jon Sterlace, Nutrition Educator 607-583-3247
Kerri Bartlett, Agriculture Educator 607-583-3170
Kim Randall, 4-H Educator 607-583-3185
Loree Symonds, Nutrition Educator 607-583-3186
Nancy Reigelsperger, Finance and Energy Educator 607-583-3187

Pat Lamphier, Nutrition Educator 607-583-3189
Pat White, Nutrition Educator 607-583-3190
Robert Shirley, Financial Officer 607-583-3239
Stephanie Mehlenbacher, Horticulture Educator 607-583-3240
Tom Tomsa, Executive Director 607-583-3477



The main office number of 607-664-2300 will remain the same. The fax number will also change and will now be 607-776-9103.

The 2014 Steuben County Farm Guide is here!



Our new farm guide has arrived! This new resource will help the public to not only buy local and reap the benefits of fresh, safe food, but will also support Steuben County farms. The new map has gained 16 more farms, 10 more wineries, 3 new farm markets, and has added 4 new breweries all located across Steuben County.

Produced by Cornell Cooperative Extension of Steuben County, the brochure was funded by the CCE-Steuben Agricultural Endowment Fund. Look for your copy at hotels, wineries, libraries, the tourist bureau, or at our office.

Updates will be added to our website periodically. [Check it out at this link.](#)

Please take the Farming and Local Food Survey....

Please take a moment to tell us your thoughts about farming and local food in Steuben County by visiting the Agricultural & Farmland Protection Plan website at <http://farmplan.steubencony.org>.

Your feedback is important for the success of this project and will help guide the project's progress.

STEUBEN COUNTY
NEW YORK

Agricultural & Farmland Protection Plan

Homemade versus Restaurant nutrition....

For the latest in the series Spend Smart Eat Smart, from Iowa State University, comparing a homemade meal to the same quick serve restaurant meal, check out the grilled chicken dinner



at <http://blogs.extension.iastate.edu/foodsavings/>.

This article takes time, money and nutrition into consideration. Check it out! Which would you rather eat?

We can help with your bug problem!



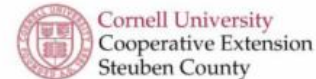
What's That Bug?

Do you have an insect problem, and want to know what it is, or more about it?

At Cornell's Department of Entomology the Insect Diagnostic Lab can help identify insects and related arthropods, and provide management suggestions if needed. There is a \$25 fee, for samples or photos submitted to the lab for an ID; these funds allow the Lab to remain open.

OR visit their website to view an extensive list of factsheets.

<http://idl.entomology.cornell.edu/factsheets/>



Improve Crop Production, Soil Health and the Environment - Aug. 19

A Soil Health Workshop on Improving Crop Production, Soil Health & the Environment will be held Tuesday, August 19, from 3:00 - 8:30 p.m. at Donn Branton's Farm, 6536 E. Main Rd/Rte. 5, Stafford, 2 ½ mi. west of LeRoy. Five innovative grower speakers, a nationally recognized soil health expert, and local staff will show and describe the benefits of improving the soil health on your farm. There will be equipment and displays to see. DEC and CCA credits will be available.

Featured speakers are Eric Kaiser, Kaiser Lake Farms, Napanee, Ontario, Canada, and Frank Gibbs, Wetland and Soil Consulting Services, Rawson, Ohio. Eric will describe how he's



modified no-till and adopted cover crops on his heavy soil, in a tough, Northern climate, to build up soil health. Frank Gibbs will unlock the secrets in the soil, telling how you can improve your bottom line by improving soil health. He'll show how smoke will rise from the tile lines through earthworm channels, all the way to the soil surface. Frank will also speak from a soil pit on what's happening below.

Four experienced WNY cash crop, dairy and/or vegetable farmers will explain what it took to build up their soil's health, and the benefits they've seen from it. In addition, results of two years of work on several farms, using Adapt-N for fine-tuning nitrogen applications on corn, will be presented by Dave DeGolyer, WNY Crop Management. Carol MacNeil, Cornell Cooperative Extension Vegetable Program will explain what you can learn about your soil's physical, biological and chemical health from a Cornell Soil Health Test. Reduced tillage and cover crop seeding/interseeding equipment will be there, as well as sponsor displays and soil/water demonstrations.

Cost - \$5 (preregistered), \$10 (walk-ins), includes pulled pork supper. For the complete agenda go to: <http://tinyurl.com/n7w2cnf>. For preregistration, sponsor info, and special needs, contact: Dennis Kirby, Orleans SWCD: dennis.kirby@ny.nacdnet.net or 585-589-5959.

Event organized by: USDA-NRCS, County SWCDs, Cornell Cooperative Extension, and WNY Crop Management. Sponsors include Agrinetix, Bentley Bros. Inc, Cummings & Bricker, Empire Tractor, Lakeland Equipment, Monroe Tractor, Z&M Ag & Turf, BASF, Carolina Eastern-Crocker, Seedway, WNY Energy, BCA Ag Technologies, Sloat Tire Shop & WNY Crop Management with additional support from NYS SWCC, NRCS, Alpina Foods, Muller-Quaker and Upstate Niagara.

Join us at the Farmer's Market

The CCE-Steuben nutrition team will have a booth at the Bath Wednesday Farmer's Market on August 6 and August 20 using fresh produce in season to make a healthy recipe! Come check us out and sample our recipe!



At the July Farmers Market in Bath

SAVE THE DATE!!!

Cornell Cooperative Extension of Steuben County has scheduled a Cooking Matters at the Store Event for **Wednesday, September 17, 2014**. Come and take a grocery store



SHARE OUR STRENGTH'S
**COOKING
MATTERS**
NO KID HUNGRY

tour with our educators from 10:00 a.m. to noon or from 1:00-3:00 p.m. at Tops Friendly Market, 309 W Morris St., Bath. Collect passport stamps at food stations, take the \$10 Challenge, and earn free food, book, and shopping bag!

The 90-minute tour focuses on four key shopping skills to help stretch those food dollars: reading labels, using the shelf tag for comparisons, locating whole grain foods, and getting the best price for the season with fruits and veggies.

More details in next month's e-news!

Join us in telling the story of New York Dairy Farms...

Volunteer at the Dairy Cow Birthing Center at the NYS Fair, Aug. 21 - Sept. 1

The New York Animal Agriculture Coalition (NYAAC) is seeking those involved in the dairy industry to consider volunteering at the Dairy Cow Birthing Center at the New York

State Fair, August 21 - September 1, 2014. The Dairy Cow Birthing Center was a new exhibit at the State Fair last year that attracted over 160,000 urban and suburban fairgoers by offering an opportunity to see the birth of a baby calf and talk to a real farmer.



"What makes this exhibit memorable is not only the baby calves, but the volunteers who take time to share their passion for the dairy industry," said Jessica Ziehm, Executive Director of NYAAC. "As an industry, we must do a better job of telling our story, and the State Fair is the perfect venue to do so with nearly a million people visiting it. Our efforts were successful last year and we ask that you consider signing up as a volunteer this year at the Dairy Cow Birthing Center. You won't regret the time you spend."

This year, NYAAC is seeking roughly 400 people from the dairy industry to help tell the wonderful story of dairy farming at the Dairy Cow Birthing Center. You don't have to be a professional spokesperson or a dairy farmer to fill this volunteer role. You simply need to be dairy-minded with a positive attitude and a couple hours to spare. We welcome farmers, veterinarians, nutritionists, tractor dealers,

students, sales reps, faculty and more to fill these shifts, which are several hours long, every day of the State Fair.

The primary role of volunteers will be to converse with the public and be available to answer any questions they may have. Volunteers are encouraged to talk about their experience in the dairy industry with fairgoers and help portray a positive image of dairy farms. Volunteers may also be asked to help out with the animals, whether it be filling the water tub, feeding baby calves or cleaning pens.

In order to help prepare volunteers, NYAAC will offer and require all volunteers to watch a short webinar before arriving at the Fair, which will include details about the exhibit and how to "tell your story" to the public. NYAAC will also provide a written document with frequently asked questions and answers. All volunteers will be provided a "There's no udder place for the answer." T-shirt, along with official Birthing Center credentials. Free State Fair admission and a parking pass will also be provided to volunteers who sign up before August 16, 2014.

Many volunteers last year expressed a sense of pride after spending time at the Birthing Center. Rick Welsh, a dairy nutritionist with Lutz Feeds, said, "I'm pretty proud of the fact

that I've been involved with the dairy industry my entire life. I pulled a shift today at the state fair in the birthing tent. Got to talk to old, young, foreign, city, and country folks about dairy farms and cows. Hands down, the most rewarding day I have ever had in this business."

The Dairy Cow Birthing Center is a free, educational exhibit that provides fairgoers the opportunity to witness the live birth of baby calves daily at the New York State Fair. The exhibit showcases three births daily and six different farms over the course of 12 days. New features to the exhibit this year will be expanded seating for 700 people, year-old calves that were born last year during the State Fair, a mechanical backscratcher donated by Future Cow, and short video clips of the featured farm.

NYAAC organizes the Dairy Cow Birthing Center in partnership with the New York State Fair and Cornell University's College of Veterinary Medicine. NYAAC is a farmer founded and funded organization that strives to enhance the public's understanding of and appreciation for animal agriculture and modern farm practices by engaging the public in conversations about animal agriculture and empowering farmers to tell their story firsthand.

To sign up as a volunteer at the Dairy Cow Birthing Center or to simply learn more about this exhibit, please contact Jessica Ziehm at jessica@nyanimalag.org or at 518-527-3949.

4-H News

It's Steuben County Fair time!

Fair Clean-Up Day

All hands are needed to help spruce up the 4-H Building, 4-H bathrooms and barns at the county fairgrounds. If you have 4-H members who are exhibiting at fair, your club is expected to send at least two people to clean-up day. It is scheduled for 9:30 a.m. to noon on Sunday, August 3. A thank you lunch will be provided by the CCE office.

Can you volunteer?

Adult volunteers are needed at the 4-H Office. We also need overnight chaperones and assistance with animal shows and events. Please contact Kim at 607-583-3185 or the 4-H Office at 607-664-2300. Complete details are in the [July/August/September Steubenite](#).

We need Junior Evaluators/Judge's Helpers on



Monday before fair opens. Teen Assistants are needed for Tuesday through Saturday at fair. If you missed public presentations, your last chance to do one for the year and receive credit is Wednesday from 10:00-noon at the 4-H Building. There are also other activities on Youth Days (Wednesday and Friday) that can use volunteers! See the [Steubenite](#) for complete details.

Contests!

Vegetable Art Contest - Tuesday, August 12 6:00 and 7:00 p.m.

Creative Place Setting Contest - Saturday, August 16 1:00 p.m.

Creative Cake/Cloverbud Giant Cookie Decorating Contest - Saturday, August 16 beginning at 2:00 p.m. (Silent Auction follows event!).

Set up and Removal

Your [Fair Book](#) includes very important information regarding County Fair. Please check it carefully. No animals are to arrive at the fairgrounds on Sunday. Market Animal Weigh in at Empire Livestock is Monday August 11 from 8:30 a.m. to 4:00 p.m. Exhibits in the 4-H Building are NOT to be removed until 7:00 p.m. on Sunday, August 17. Check for complete details in the [Steubenite](#).

The New York State Fair

Steuben County 4-H Exhibits will be on display at the State Fair from Monday, August 25 through Thursday, August 28. The Clothing Revue participants will be attending at this time also.

Helps is needed to transport exhibits and clothing revue teen leaders to the fair August 24 and return on August 28. Chaperones are also needed, If you can help call the 4-H office 607-664-2300 or email Kim at ksb3@cornell.edu.

Records and Summaries due Sept 8

Reminder that all 4-H project records, 4-H on Display, community service reports, senior summaries and junior activity reports are due on Monday, September 8!

Exciting new 3-D archery competition and the Youth Turkey Calling Contest!



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 have an exciting new attraction lined up for archery enthusiasts!

XFactor 3D Archery provides a unique shooting experience designed to simulate a real hunting scenario. Ten hidden life-size 3D pop up targets and one runner are stationed in front of the shooters. Targets typically range between 15 and 40 yards. One at a time four of the ten targets will pop up, and the runner will go, giving the shooter a window of 3-10 seconds to estimate yardage, sight and shoot an arrow. After each shot another arrow is nocked and readied for the next target. After each shooter shoots five arrows, the arrows are retrieved. The targets are electronically shuffled so the same target order is not repeated. Each shooter shoots two sets of five arrows. So plan to bring your bow to the show - we have great prizes at stake!



A MOVING 3D EXPERIENCE

Calling all Youth for the Turkey Calling Contest!

And sign up soon for the Youth Turkey Calling Contest sponsored by the Cohocton Chapter of The National Wild Turkey Federation. The contest will be held Sunday, October 12 at 2:00 p.m. [Follow this link for information and registration!](#)

Show Raffle!

We're getting together a great package for our show raffle this year! Tickets will be sold for a **2014 Mathews Creed XS package** (including Excel sight, stabilizer, QAD drop-away rest, Mathews quiver and peep). Check in at the CCE-Steuben booth at the show for your ticket!



We need Volunteers!

Would you like to help at the Outdoor Show this year? Give us a 4 or 8 hour shift helping at activity booths, or during set-up or tear-down, and stay the rest of the weekend at the show for free! [Fill out a volunteer application here](#), or call Carla at 607-583-3224.

Stay in touch with the latest details about this fall's show at www.SouthernTierOutdoorShow.com and on Facebook at www.facebook.com/SouthernTierOutdoorShow.

Prattsburgh Annual Summerfest

Sat-Sun, Aug 2nd-3rd. Visit the Prattsburgh Annual Summerfest. Old fashioned community fun for all ages. Crafters, Food, Music. Old-Time Car Show (Sat 10am registration, 1pm Judging), Main St, Prattsburgh. Don't miss the Hunters' Yard Sale and, fun for the kids at the JAKES Take Aim event, 9am-3pm. Daisy BB gun range, wildlife calls and crafts, displays from the NY Trappers Association, SCOPE, and Cornell Co-op Extension; located next to the Edge of Time Trading Post, 44 S. Main. Support the Outdoors! Sponsored by the Finger Lakes Bucks N' Beards Chapter of the National Wild Turkey Federation ."

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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