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February E-News From Cornell Cooperative Extension of Steuben County

Join us Feb. 8 for the 2013 Local Food Festival

Cornell Cooperative Extension will be hosting their 5th Locally Grown Food Festival Friday, Feb. 8th in Corning! This event features dozens of Finger Lakes farms and their products. Sample locally produced meats, vegetables, fruits, cheese, wines and much more! This year there is no admission charge so bring your family and friends for a fun evening out!

The goal of this event is to highlight the diverse agricultural products that are available in our region year-round. Even though most farmers' markets are closed for the season you can still find plenty of locally grown products for your family to enjoy!

The Locally-Grown Foods Festival takes place from 5:00 to 8:00 pm at Union Hall, 100 Civic Center Plaza, Corning. Admission is free. For more information Contact Cornell Cooperative Extension of Steuben County at 607-664-2300 or visit our website at www.putknowledgetowork.com.

We need help serving food, setting up tables, runners to fill/refill food, kitchen help. To volunteer, call Kerri at
Annual Crop Symposium slated for February 27...

The 2013 Steuben County Crop Symposium will be held Wednesday, February 27, 2013 from 10:00 a.m. to 2:00 p.m. at the Civil Defense Center, Bath.

The program includes:

- 10:30 - 11:30 a.m. **Field Crop Insect Pest Update**, Keith Waldron, NYS IPM Program, Cornell University

- 11:30 a.m. - 12:30 p.m. **Weed Management in Field Crops**, Russ Hahn, Department of Crop & Soil Sciences, Cornell University

- 12:30 - 1:00 p.m. Lunch

- 1:00-2:00 p.m. **Nozzle Selection, Sprayer Maintenance & Calibration**, Ed Starzec, Territory Manager, Hardi North America, Inc.

DEC Pesticide Applicator Recertification Credits for the event include 3 credits pending in Categories 1a, 10, 21, 23. You must be present at 10:00 a.m. and have your applicator ID with you to receive this credit.

Pre-registration is requested by Monday, February 25 by contacting Cornell Cooperative Extension at 607-664-2300. Cost to attend is $10 per person which includes lunch.

Strategic Marketing Workshops for Livestock Producers begin Feb 5...

Cornell Cooperative Extension offers Strategic Marketing Workshops for Livestock Producers. The demand for locally raised meats and livestock products continues to grow. Strategic and specific marketing efforts can help you take full advantage of the local foods market. If you want to sharpen and focus your marketing skills or just don't know where to begin developing a marketing plan, Cornell Cooperative Extension can help!

Cornell Cooperative Extension has developed a series of workshops that will teach the basics of strategic marketing, including how to identify a target market and focus your farm's marketing efforts. You will also learn how to choose the markets that meet the needs of your farm, such as CSA, farmers' market and wholesale. Each participant will develop components of a marketing plan and create marketing materials.

While this series is tailored specifically to the marketing of meats and other livestock products, it will benefit any farm looking to improve their marketing efforts. Each session runs from 6:30-8:30 PM, Tuesdays, February 5, 12, and 19, 2013.
Session 1: Introduction to Strategic Marketing: Identifying a Target Market
Session 2: Communicating with Customers
Session 3: A Guide to Marketing Channel Selection

This workshop series will be offered at CCE-Schuyler County (Schuyler County Human Services complex, Montour Falls). Pre-registration is required: To register contact Kerri Bartlett at ksb29@cornell.edu or 607-664-2311. The series costs $30 per farm (up to 2 people).

Be One in a Million during American Heart Month!

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities.

Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than $444 billion in health care expenses and lost productivity. However, we can fight back against heart disease and stroke. CDC and other parts of the US government have launched Million Hearts™, to prevent the nation's leading killers and empowering everyone to make heart-healthy choices.

What Million Hearts™ Means to You
Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at www.millionhearts.hhs.gov.
- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:
  - Ask your doctor if you should take an Aspirin every day.
  - Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
  - If you Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

For more information visit http://www.cdc.gov/Features/HeartMonth/

Beat the cold at the Indoor Farmers Market in Corning...

Corning's only Indoor Winter Farmers' Market offers a wide variety of locally grown produce, locally raised meats and eggs, baked goods, honey, maple syrup, wine, Alpaca products and locally made crafts. The Market will be open Saturdays, February 9 and 23, from 11:00 a.m. to 3:00 p.m. They are...
conveniently located inside the Information Center at 1 West Market Street; next to the Centerway Square and the Old World Café.

On February 9th at 3:00 p.m. they will draw a winning entry for a gift bag full of locally grown, produced or crafted items. This drawing is free and you don't need to be present to win.

Parking is free on Saturday downtown and in the Centerway Parking Garage right next to the Information Center. For regular updates visit their facebook page.

**Part 2 of Getting Organized in 2013...**

**How to Organize the Kitchen Pantry**

If you have not gotten to the back of your kitchen pantry in a long time, here is a step by step guide.

1. Clear off and clean your countertops.
2. Take everything out of the pantry including food storage containers and other junk that may have accumulated.
3. Working from the top shelf down, wash and dry the pantry shelves including the corners or cracks, to remove crumbs and food particles.
4. Evaluate the places you store food. Food stores best in cool dark spaces. Try to rearrange so that your food is kept in the cool dark spaces in your kitchen. Keep your pots, pans, utensils, and tableware in the cabinets near the oven, stove, hot pipes, or refrigerator exhaust.
5. Sort your food on the countertop by categories. The ones I used were canned soups and broths, canned fruits, canned vegetables, canned legumes, condiments (catsup, pickles, salad dressing, canned sauces, etc.), canned meat/fish, dried beans, and rice and pasta.
6. Find a place in the pantry for each category. Check the "used best by dates" on the food before putting them back on the shelves. Next week we will have tips on how to decide which foods should be discarded. If you are ready to get started, check the University of Nebraska online publication, "Cleaning the Kitchen Cupboard: Toss or Save."
7. Use the same principles as we talked about in The Basics of Kitchen Organization in last month's issue. Create centers, get rid of what you are not using, and use your prime space for the most used items.
8. Use bins and baskets for items like dry pudding mixes, sauce mixes, and bags of dry beans.
9. Before you quit for the day decide what you what to do with the items you removed from your shelves.

**Feb 9: Seminar for Rural Landowners**

The Peter Levatich Memorial Seminar for Rural Landowners will be held February 9, 2013 from 9:00 a.m. - 12:30 p.m. at the Spencer-Van Etten High School, State Route 34 Spencer. It is hosted by the Southern Finger Lakes Chapter of the NY Forest.
Owners Association.

This year's theme is "Do It Yourself Woodlots" with talks related to achieving greater enjoyment, value and productivity from private woodlands through personal efforts - done safely and efficiently! Tim Levatich will talk about their family's working forest, the "Hobnob" and the years of enjoyment and benefits that it has provided them.

State Extension Forester Peter Smallidge will present practical tips for working safely and efficiently in the woodlot. Dave Scott of Woodmizer will talk about how woodland owners can add value to their timber through custom portable milling. Brett Chedzoy will discuss woodlot management considerations and utilizing lower-value timber.

This event is free and open to the public. A raffle to win a chainsaw and other prizes supports 4-H forestry education programs. For more information, contact Brett Chedzoy at Cornell Cooperative Extension of Schuyler County at 607-535-7161, or by email: bjc226@cornell.edu

4-H Tack Auction on February 16

The Cornell Cooperative Extension 4-H program will host a JP's North Equine Tack & Supply Auction on Saturday, February 16, 2013 at Empire Livestock, 7418 Route 415 in Bath.

There will a noon preview with the auction beginning at 1:00 p.m.

The auction proceeds will benefit the Steuben County 4-H Horse Program. For more details, visit www.putknowledgetowork.com.

Interested in setting up a small backyard vineyard?

One Vine to One Acre Workshop
Thursday, February 28, 2013
6:30 PM - 8:30 PM
Cornell Cooperative Extension
480 North Main Street
Canandaigua, NY 14424

Have you ever wondered what is involved in setting up a small backyard vineyard? Does the idea of having fresh locally grown table or wine grapes interest you? Then you should plan to attend the One Vine to One Acre workshop.

Learn the keys to successful grape production at
the sub-commercial level. This introductory level course will be taught by Michael Colizzi of the Finger Lakes Grape Program of Cornell Cooperative Extension. The class will cover topics such as site selection, site preparation, choosing varieties, and what you will need to do to keep your vines healthy. We will also briefly talk about possible markets for grapes produced from backyard vineyards.

Cost: $15.00/family

Registration requested by February 22, 2013. To register or for additional information, contact Cornell Cooperative Extension at 585-394-3977 x 427 or email: Nancy with your name, address, and phone number.

Learn about Community Supported Agriculture (CSA)'s...

2013 CSA Fair
Sunday, February 24, 2013
2:00PM-4:00PM
NY Wine and Culinary Center
800 South Main Street
Canandaigua, NY 14424

Want the freshest food from local farms? Buy a share in a farm! Make an investment in a local farm and get a season's worth of fresh food once a week. Learn about Community Supported Agriculture (CSA), meet your local farmer, compare share options and sign up for your 2013 farm share. There is no cost or registration for this event.

Drip Irrigation: Systems, Techniques, and Tips for Small Farms

Tuesday, February 12, 2013
8:30 AM - 2:30 PM
Cornell Cooperative Extension
480 North Main Street
Canandaigua, NY 14424

After a hot, dry season, vegetable and fruit growers are realizing climate change might change their needs for supplemental water to ensure profitability. Drip irrigation is the most efficient use of water for maximum benefit for crop health, but only if the system is set up right to start.

Cornell Cooperative Extension of Ontario County, in cooperation with the Cornell Vegetable Program, is offering this in-depth introduction to drip irrigation systems, generally for small farm
applications. Penn State University irrigation specialist Bill Lamont will present tips and strategies for planning and designing a suitable irrigation system, plus maintenance and operations issues. Cornell University's Steve Reiners will cover irrigation timing for maximum benefit, how drip irrigation influences the health and marketability of vegetables, and how soil management plays an important role in getting the most out of irrigation. This workshop will also cover water source management and tips for controlling weeds and algae in irrigation ponds.

Registration fee: $40.00 per person (paid by January 31) includes a full lunch, handouts, the complete program, and answers from experts. After January 31, 2013, registration fee is $50.00 per person.

Registration options: 1. Pay by check: complete and submit registration form with a check payable to Cornell Cooperative Extension. Registration form
2. Pay by debit or credit card: Online, secure registration available at Cornell Vegetable Program. For more information: Contact Cornell Cooperative Extension of Ontario County at (585) 394-3977 x427 or e-mail Nancy with your name, address and phone number.

New York Ag Literacy Week - Volunteers and Donors Needed!

New York Agriculture in the Classroom is pleased to announce Ag Literacy Week March 18-22, 2013 in support of its mission of fostering awareness, understanding, and appreciation of the agriculture and the food and fiber system. During that week volunteers throughout the state will go into first through third grade classrooms to read a book with an agricultural theme and talk to students about agriculture. Following the reading, volunteers conduct an activity with students and share their experiences in agriculture. The entire program takes about 30 minutes per classroom.

The 2013 theme is bees and honey production. This year's book, The Beeman by Laurie Krebs and Valeria Cis, uses rhyming text and colorful illustrations to show all of the aspects of beekeeping. 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. The cost to sponsor one book is $10.00. If you are interested in helping, please contact Kim Randall at ksb3@cornell.edu or call 607-664-2306. For more information about NY Ag Literacy week visit here. For more information about the New York Agriculture in the Classroom Program visit here.

Free tips on Social Security...

Cornell Cooperative Extension of Steuben County has partnered with MetLife to present a free workshop entitled Social Security: What You Need to Know to be presented on Monday, February 4, 2013 from 6:00-8:00 p.m. at the Dormann Library, 101 West Morris St., Bath.

Michelle Siebert, Advanced Markets Specialist and Financial Services Representative for MetLife will guide participants to understand how Social Security can be a key instrument...
in your retirement strategy. She will explain how to maximize your Social Security retirement benefits to help you live the life you want in retirement.

Registration is requested for this free workshop. Please call Cornell Cooperative Extension of Steuben County at 607-664-2300. For more information, visit PutKnowledgeToWork.com.

Understanding retirement healthcare expenses...including Medicare

Join us for a retirement planning workshop and learn how you can create the real-life flexibility you need to help prepare for retirement. Understanding retirement healthcare expenses... including Medicare will be held Monday, March 4, 2013 from 1:00-3:00 p.m. at the Wayland Librfary, West Naples Street Wayland, NY.

The free workshop will led by Michelle Siebert, CFP, CPA, LUTCF,ChFC,CASL, Certified Financial Planner professional, Advanced Markets Consultant, Financial Services Representative. She will include how to:

- Handle unexpected changes in your circumstances, needs, and priorities
- Adapt to changes in timeframes, such as retiring early or later than expected.
- Be prepared by creating retirement income you can count on.

For more information, contact Cornell Cooperative Extension of Steuben County at 607-664-2300. Registration is requested.

Learn food safety practice standards at March 6-7 workshop

March 6-7, 2013: Farm Food Safety Training with GAPS
8:30 a.m. - 3:30 p.m. Cornell Cooperative Extension of Yates County, 417 Liberty St., Penn Yan

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 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.

Download a brochure on our website.

Landowners are encouraged to consider leasing their maple trees

(Reprinted from the Steuben Courier Advocate)

Bath, NY - As part of a Northern New York Agricultural Development Program-funded outreach program, Northern New York Maple Specialist Michael Farrell has developed tools to encourage producers and landowners to help Northern New York realize its true maple industry potential.

"For New York State and the Northern Forest region to increase its production of maple syrup, it is imperative that additional landowners become engaged in the industry," says Farrell, director of Cornell University's Uihlein Maple Research Forest at Lake Placid, NY.

The number of maple taps in the Northern NY region increased by 26 percent from 2005 to 2010, but there is still a lot of room to grow. Farrell is encouraging landowners to consider leasing their maple trees or harvesting sap from those trees to sell to maple producers looking for the raw material from which to make syrup or confections.

Read the rest of the article...

The northern maple specialist in Lake Placid, Mike Farrell, has done a webinar on Leasing Taps:

Brett Chedzoy, CCE-Schuyler encourages people to watch the webinar, and then post any follow-up questions on the maple forum at the Cornell maple website where Steve and Mike can respond with their expertise.

If you receive federal benefit payments, you are required to go electronic!

Are you getting Social Security, VA or other federal benefits by paper check? You are required by the U.S. Department of the Treasury to switch to electronic payments by March 1, 2013. It's the law.

If you still receive a paper check for your Social
Security or other federal benefit payments, you are required by law to switch by March 1, 2013. You can choose to get your payments by direct deposit to a bank or credit union account or to a Direct Express® Debit MasterCard® card account.

Act now to get your money safely and quickly - on time, every time!

- Already getting federal benefit payments by paper check? Switch today! You must switch to electronic payments by March 1, 2013. Sign up for direct deposit or the Direct Express® card by contacting the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795. You may also sign up for direct deposit online.

- Retiring or applying for federal benefits soon? Be ready. You will get your money electronically from day one. Be ready to choose direct deposit or the Direct Express® card when you fill out your application.

If you do not choose an electronic payment option by March 1, 2013, you will be out of compliance with the law and may receive your payments via the Direct Express® card. If you are already receiving your federal benefit payments electronically, this change will not affect you.

To get more details visit this link.

Thinking about raising chickens?

February 25, 2013: Raising a Small-Scale Poultry Flock
6:30 - 8:30 p.m. Big Flats Community Building, 476 Maple St., Big Flats, NY

Thinking about raising chickens? Already have a flock and want to sell eggs or pastured poultry? Heather Birdsall, Extension Livestock Specialist, will teach a class for families and individuals who would like to raise poultry for sale or family use. Housing, health concerns, and flock expansion will be described as will retailing regulations regarding poultry products. This is a good opportunity for people who would like to farm poultry but do not know how to begin.

Registration: Please pre-register by calling (607) 753-5078, so that adequate handouts are prepared. For more information call Cornell Cooperative Extension of Cortland County at (607) 753-5078.

Did you know you can manage your Social Security online?

At each stage of your life, my Social Security is for you! Your personal online Social Security account is a valuable source of information beginning in your working years and continuing throughout the time you receive Social Security benefits.
Follow this link to create an account to access your own personal information only. What can you find on the site?

- Statements online: If you receive benefits, you can check your benefit and payment information and your earning record.
- Benefit Verification Letter: prove your Medicare coverage.
- Change of Address and Contact Info: save a trip to the local social security office.
- If you do not receive benefits, you can review estimates of your retirement, disability, and survivors benefit.
- A retirement planner. The planner provides detailed information about your Social Security retirement benefits under current law. It also points out things you may want to consider as you prepare for the future.
- You can apply for retirement benefits. The application only takes up to 15 minutes to complete.

4-H News

Public Presentations will be held February 23.
Registrations are due February 11
More details here...

Feb 15-18: The Great Backyard Bird Count (GBBC)
The Great Backyard Birds Count is February 15-18, 2013. This annual four-day event engages bird watchers of all ages in counting birds to create a real-time snapshot of where the birds are across the continent. Anyone can participate, from beginning bird watchers to experts by visiting www.birdcount.org and reporting the kinds and numbers of birds they see during the 16th annual count. It takes as little as 15 minutes on one or more of the count days, anywhere they like. It's free, fun, and easy--and it helps the birds. After 15 years of success in North America, GBBC will open up to the entire world for the first time in 2013.

For more information visit www.birdsource.org/gbbc. A joint project of the Cornell Lab of Ornithology and National Audubon Society, with partner Bird Studies Canada and is sponsored by Wild Birds Unlimited, Cornell Information Technologies, Natural Resources Conservation Service, and National Science Foundation.

Announcing the New York Forestry Weekend
May 31-June 2
More details here...

Project Bud Burst
4-H groups are eligible to participate in Project Bud Burst. Youth collect observed data (by cell phone or entering data into an online form) about when plants in their neighborhood start to "burst". The data collected is used by scientists at NEON to study climate and environmental change across the US. This is a great way for 4-H youth to contribute to a nationwide science effort while representing their local community. It may overlap with some of your existing projects as well. More details here...
Here is an opportunity for sheep enthusiasts. Youth ages (9-18) can apply to earn a heritage breed of sheep. Several young people from New York State were recipients of this opportunity in 2012. Applications are typically due by April 1 and winners must be present at the Maryland Sheep & Wool Festival, May 4&5, 2013. More details here...

Spring Garden Meeting - April 9
All 4-H members, leaders, and parents are invited to attend the annual 4-H Spring Garden Meeting. Registrations are due April 1. More details here...

2013 Horse Forms are now on the web
More details here...

Free Equine Educational Seminar
Monday, February 18, 2013 6:15-8:00 p.m.
Dansville Town and Country, 5 Maple, Dansville, NY
Presentation will be on Busting Myths Common about Feeding Horses by Elise Able, Blue Seal/Kent Nutrition. Free Pizza and Soda will be served at 6:00 p.m. Your RSVP will ensure your share. Also: door prizes, samples, feed coupons, exciting speaker and great info! Sign up at Dansville Town and Country.

Child & Family Center Events at other agencies...

March 16 or 23: Fruit Tree Workshops
9:00 a.m. - 2:30 p.m. (or afternoon only 1:00-2:30 p.m.) Reisinger's Apple Country, 2750 Apple Lane, Watkins Glen, NY Read more here...

March 26 or April 2: Grafting Workshops
6:00-8:30 p.m. Silver Spoon Cafe, Humans Services Complex, 323 Owego St., Montour Falls, NY Read more here...

March 2: Garlic Growing Workshop and Roundtable
8:00 a.m. - 3:30 p.m. Room 120 Human Services Complex, 323 Owego St., Montour Falls, NY Read more here...

February 21: Eat Pasta, Send a Child to Camp!
Hidden Valley 4-H Camp provides youth the opportunity to learn and grow in a fascinating outdoor environment. Some families are simply unable to afford to send their children. Find out how you can help...

March 12: The Art Of BeeKeeping: What's All The Buzz About?
7:00-9:00 p.m. Silver Spoon Cafe, Human Services Building, 323 Owego St., Montour Falls, NY Read more here...
Steuben County Dairy Festival Meetings
6:00 p.m. either at the Kanona Fire Station or Kanona Methodist Church
February 7 and 21
March 7 and 21
April 4 and 18
May 2, 16, 30
For more information contact: Patric A. McGlynn, 6841 County Route, Bath, New York
607-776-2584

March 1: Beer & Wine, Chili & Chocolate
A fundraiser for Erwin Child & Family Center offered by Pathways, Inc. Read more here...

February 23: CASA Zumbathon
9:00 a.m. - 12:30 p.m. Corning American Legion, 8 River Road, Corning. Read more here...

American Red Cross Babysitter's Training
The American Red Cross is offering a Babysitter's Training course that will give 11-15
year-olds the skills and confidence to safely and responsibly care for children and infants,
as well as some tools to help them get started in their own babysitting business.

The regular fee is $85; in partnership with the United Way, our fee for students in Steuben
County is only $40. The next Babysitter's Training class is scheduled at:

Greater Steuben Chapter House
123 W. Market Street, Corning
Monday, February 18, 2013; 9:00 - 3:30

Materials are provided; please bring lunch. Advance registration is required; class size is
limited; a minimum enrollment must be met to run each class. Register today! Call Julia
Hoover at the Greater Steuben Chapter House in Corning: (607) 936-3766.

2013 Outdoor Show is scheduled for Oct 12-13
The 7th annual show will feature a brand new animal show called Wild World of Animals.
They have over 85 animals including big cats, wolves, primates, birds of prey, parrots,
snakes, crocodilians, various reptiles, small mammals and amphibians. It should be
extremely entertaining! Mark the dates on your calendar now!

Also at this year's show, dog trainer Jim Beverly will
provide seminars on dog training and waterfowl hunting
and assist attendees with dog and waterfowl questions.
During his Companion Retriever Hunting Challenge on
Sunday, first and second high scorers from the
Cleveland, Erie, Hamburg and Batavia C.R.H.C.
competitions will compete for $2,000 in cash and prizes
as the finale in the series. Everyone is allowed to
participate, but only those in the series will be
competing.

The show has recently re-designed their website. Check
it out at www.southern-tieroutdoorshow.com. And join us on Facebook at www.facebook.com/SouthernTierOutdoorShow

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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