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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

March 2013 - Vol 5, Issue 3

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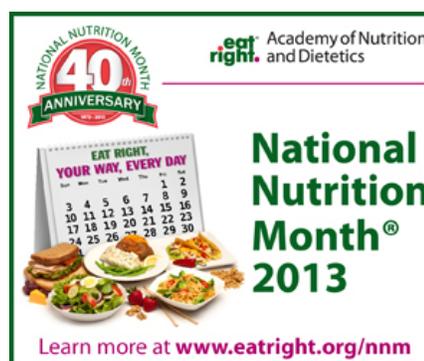
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March is National Nutrition Month

Do you wish your meals could be healthier? By now your New Year's resolutions to eat healthier have probably gone by the wayside. And the recent blustery weather has not been conducive to being physically active. **March is National Nutrition Month!** This is a great time to rethink your food habits and start to eat healthy again.

The Eat Smart New York Nutrition Team from Cornell Cooperative Extension joins The Academy of Nutrition and Dietetics in celebrating National Nutrition Month with this year's theme, **"Eat Right, Your Way, Every Day."**

This catchy slogan encourages everyone to develop a healthful eating plan that incorporates individual food choices and preferences. The trend of healthy eating messages now are emphasizing a balance of food and beverages within your energy needs, rather than at any one food or meal. The total diet or overall pattern of food eaten is the most important focus of healthy eating. Most of your favorite foods can fit within this pattern, if consumed in moderation with appropriate portion size and combined with physical activity.



For helpful tips and recipes to help you **"Eat Right, Your Way, Every Day"** check out these websites:

<http://www.eatright.org/nutritiontipsheets/>

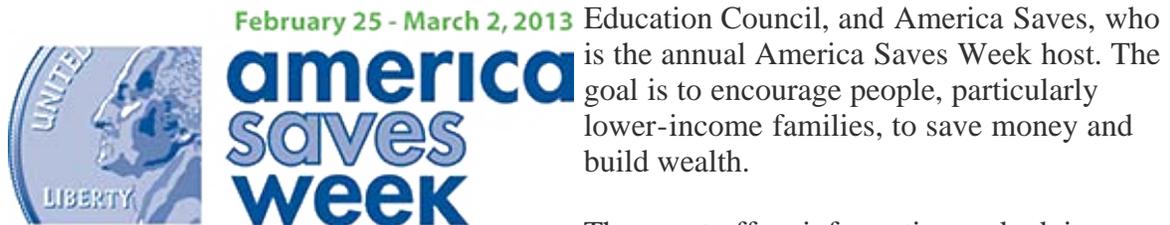
<http://www.choosemyplate.gov/>

<http://www.eatright.org/howdoi/>

<http://www.eatright.org/kids/>

America Saves Week 2013

This year's 2013 [America Saves Week](#) is February 25 - March 2. The Cooperative Extension System is an active partner with the Consumer Federation of America, the American Savings



February 25 - March 2, 2013

Education Council, and America Saves, who is the annual America Saves Week host. The goal is to encourage people, particularly lower-income families, to save money and build wealth.

The event offers information and advice on paying down debt, building an emergency fund, and saving for a home, education, and retirement. In 2012, 29 state Extension partners participated by promoting the goals of this initiative and providing essential information to consumers across the country. The [resources at this link](#) are intended to assist Extension educators to get involved, help consumers assess their finances and adopt healthy financial habits, and provide educational information.

Yates County Forestry Workshop - March 2

Yates County Forestry Workshop: Ensuring Healthy Forest Regeneration

Saturday, March 2, 2013

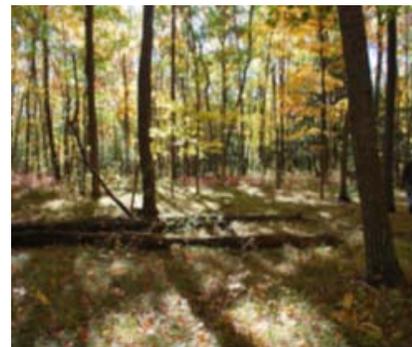
Registration: 8:30 AM

Program: 9:00 AM - 12:00 PM

Yates County Building Auditorium

417 Liberty Street, Penn Yan, NY 14527

The Master Forest Owners and Cornell Cooperative Extension of Yates County will host their 3rd annual workshop titled "Yates County Forestry Workshop: Ensuring Healthy Forest Regeneration."



Recent studies by Cornell University and the Nature Conservancy concluded that up to 70% of New York forests are not successfully regenerating themselves. This is a direct result of overbrowsing of tree seedlings by deer, interfering and invasive vegetation that prevents the germination of desirable species and in some cases a history of high grading harvest practices (take the best and leave the rest). Without successful regeneration, the forest as we know it will not exist in the next century

Participants will learn the solutions to our regeneration problem by understanding how to manage the deer population and interfering vegetation. New York State Forest Owners Association member, Jerry Michael, will discuss the Cornell study in the context of our second growth forests during the 21st century. NYS DEC Senior Wildlife Biologist, Art Kirsch, will address the impacts of deer browsing on forest regeneration, and

This is a great opportunity to tap the local forestry knowledge and even schedule a time for a Master Forest Owner to come visit your woodlot. This workshop is open to the public. To be held on: Saturday, March 2, 2013, 9:00 AM - 12:00 PM, Yates County Auditorium, 417 Liberty Street, Penn Yan.

Fee is \$10 per family, which includes one set of handouts and refreshments.

REGISTER or for MORE INFORMATION: Pre-registration is required by calling Cornell Cooperative Extension of Yates County 315-536-5123.

Owner/President/Forester at Future Forest Consulting, Inc., Corey Figueiredo, will cover invasives and interfering plants plus silvicultural treatments necessary for successful forest regeneration.

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, **March 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.



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.](#)

Getting More Forage Per Acre with Winter Forage

Getting More Forage per Acre with Winter Forage, Featuring Tom Kilcer, Advanced Ag Systems will be held March 20, 2013 from 1:00 pm - 3:30 pm at the Bath Fire Hall.

Integrating winter forages (double cropping/cover cropping) into your crop rotation provides several advantages to farmers. In addition to utilizing a part of the year not typically considered for growing crops, winter forage will:

- Boost yields 25 - 30% with winter forages
- Produce some of the highest forage quality possible on dairy farms
- Control erosion while making money with profitable crops



Tom will discuss his research with various crop rotations, types of winter forages he recommends for the northeast, and explain how you can get the most forage out of every acre!

We will also have a short presentation on Shredlage for corn silage. What are the potential impacts on DMI, milk production, and bunk density compared to traditional chopping?

Registration is appreciated by March 18th, to register or for more information contact CCE-Steuben at 607-664-2300 or email Kerri Bartlett at ksb29@cornell.edu. Cost to attend is \$10 (\$5 for each additional person from the same farm). Light refreshments provided.

New website helps you find your farmer!

Cornell Cooperative Extension has developed a new website designed to create an easy connection between consumers and farms that are selling locally raised meats. Visit www.meatsuite.com and check out the diverse livestock products available.

Have a farm that sells meat? Add your farm to the Meat Suite website! Click the "add your farm" link on the home page or contact Kerri Bartlett at 607-664-2311 to sign up!



Part 3 of Getting Organized in 2013...

Does an organized kitchen save money? Here are some reasons why.

- If you are organized, you won't buy duplicates of things you already have. Can you see in your cupboards? How many jars of cumin and cans of cream of celery soup do you really need?
- If you are organized, you will throw away less food like leftovers hidden at the back of the refrigerator or frozen meat left so long it has freezer burn.
- If you are organized, your kitchen will be more enjoyable to work in and it will take less time to make a meal and clean up.
- If you are organized and know what you will make for dinner, you will be less inclined to buy fast food or rush through the deli section of the grocery store.
- If you are organized, you will know where the coupons are that you cut out and you will use them before they expire.



During January, Iowa State University's [Spend Smart EastSmart blog](#), featured tips for getting organized in the kitchen.

Stephanie's Picks...

1. Cultivating Mushroom class - Save the date April 27th!



2. Seed starting should be well underway, but there is still time to start some flowers and vegetables for this coming season. Visit the [Cornell Vegetable Variety page](#) for information about vegetable varieties.

3. Herb gardening is a great introduction to gardening. Many herbs grow easily from seed and can be transplanted into containers or directly into the garden. Here is a great bulletin on growing and preserving herbs from the [University of Illinois](#).

Locally Grown Foods Fest Rescheduled to April 19



Cornell Cooperative Extension will be hosting their 5th **Locally Grown Food Festival** Friday, April 19 in Corning! This event, rescheduled from a snowy February 8, will feature 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.putknnowledgetowork.com.

National Agricultural Week and Agriculture Day is celebrated this month!

National Agricultural Week, March 18-22, 2013 and National Agricultural Day is March 19, 2013. Join us as we honor agriculture for providing safe, abundant and affordable products, a strong economy, a source of renewable energy, and a world of job opportunities. For more information about celebrating National Ag Day, go to <http://www.agday.org/>. The site includes fun facts, links to other sites, resources, and planning guide.

What Is Ag Day All About?

Ag Day is about recognizing - and celebrating - the contribution of agriculture in our everyday lives. The National Ag Day program encourages every American to:

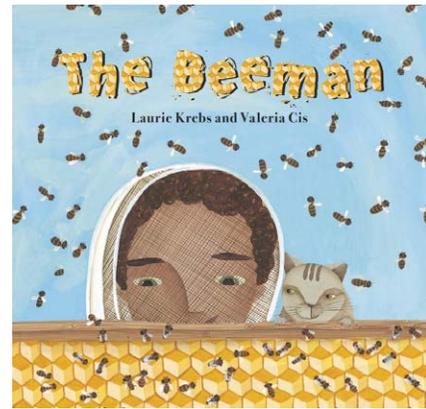
- Understand how food and fiber products are produced.
- Value the essential role of agriculture in maintaining a strong economy.
- Appreciate the role agriculture plays in providing safe, abundant and affordable products.

Why Celebrate Agriculture?

Agriculture provides almost everything we eat, use and wear on a daily basis. But too few people truly understand this contribution. This is particularly the case in our schools, where students may only be exposed to agriculture if they enroll in related vocational training. By building awareness, the Agriculture Council of America is encouraging young people to consider career opportunities in agriculture. Each American farmer feeds more than 144 people ... a dramatic increase from 25 people in the 1960s. Quite simply, American agriculture is doing more - and doing it better. As the world population soars, there is an even greater demand for the food and fiber produced in the United States.

Join us in 2013 as we honor agriculture for providing safe, abundant and affordable products, a strong economy, a source of renewable energy, and a world of job opportunities. For more information about celebrating National Ag Day, go to <http://www.agday.org/>. The site includes fun facts, links to other sites, resources, and planning guide.

We still welcome sponsors and volunteers for reading to school children for Ag Day! Contact Kim Randall at ksb3@cornel.edu.



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, **April 15 2013** from 6:00-8:00 p.m. at the Dasville Public Library, 200 Main St., Dasville.

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.](#)

Social Media for Business -Canandaigua - March 5

Social Media for Business

Tuesday, March 05, 2013

9:00am to 5:00pm

CCE-Ontario

480 N Main St.

Canandaigua, New York 14424

Why use social media?

What's the point in creating a social media plan?

How can we use specific social media tools in CCE?

While incorporating social media tools into your communications toolbox can be experimental for many, having a plan can make all the difference in your path to success.



National speaker Emily Davis will use the 10 Tips for Using Social Media and Beth Kanter's social media theory of Crawl, Walk, Run, Fly, to plan your social media activities in easily accessible ways that help to serve organizational goals. She will share hands-on best practices for your CCE office no matter what your experience or comfort level with social media.

Emily Davis has been working in the nonprofit sector as a staff member, consultant, founder, board member and volunteer for over 15 years. Emily is the President of EDA Consulting LLC and the author of the publication, Fundraising and the Next Generation. She trains and consults on leadership development, philanthropy, and integrated online communications for nonprofits, philanthropists, small businesses and social enterprise. She is a consultant on multigenerational family philanthropy with 21/64, Certified Governance Trainer with BoardSource, and serves in numerous advisory roles including Nonprofit World Magazine and Nonprofit Cultivation Center. Emily has received and been

nominated for a number of awards throughout the country. She has her Masters in Nonprofit Management from Regis University

Schedule for the day is:

9:00-10:15 a.m.: Crawl, Walk, Run to Social Media Success

10:30 a.m. - Noon: Creating a Social Media Plan

12 Noon: Lunch (\$10 each for wrap, salad, chips, drink and dessert)

12:30-1:30 p.m.: Media Panel

1:30-2:30 p.m.: Policy and Wrap Up

2:45 - 4:45 p.m.: Stay N Play: Blogging, Facebook, Twitter & Dashboards

Bring your computer and get hands-on experience with social media tools like blogging, Facebook, Twitter and Dashboards at the afternoon session.

Lunch Panel: During the lunch hour, representatives from WETM-TV, GateHouse Media and Equinox Broadcast Corp. will discuss ways they get involved in their communities and how they collaborate with organizations to meet mutual goals.

Cost for the full day workshop is \$25 per person. Lunch will be available for \$10 additional. To register visit the following link:

<https://secure.qgiv.com/for/cornellce/event/21312/> or call Carla at 607-664-2313 or email at crd24@cornell.edu.

You can make a difference in someone's life....

You Can Make a Difference by becoming a **Volunteer Family Budget Coach**. Cornell Cooperative Extension of Steuben County will be training new family budget coaches in April.



Financial Volunteering:

\$ Is rewarding. With a little encouragement and planning you can help people get control of their finances.

\$ Is a great way to learn more yourself while helping others. We offer free training and ongoing support.

\$ Requires no experience or special skills needed-just a sincere desire to help others.

This free training series will be offered in Bath on:

April 11, 2013

April 18, 2013

April 25, 2013

For more informaion or to sign up, call Nancy Reigelsberger at 607-664-2300.

4-H News

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...](#)

Animals Crackers

The Cornell University Department of Animal Science is pleased to announce Animal

Crackers 2013 "Animal Crackers: Walk, Trot, Hop to It" on Saturday, May 4, 2013 at Cornell University. The up-coming program will incorporate both horse and rabbit topics for youth ages 9-12 or those with beginner/intermediate knowledge of the species. All youth, 4-H and non-4-H, are invited to participate. Adult chaperones are also invited to attend to make Walk, Trot, and Hop to It a family event! [More details here...](#)

March Dog Madness - March 16

March Dog Madness is an annual conference for adult and teenage 4-H volunteer leaders. Workshops engage participants in science based information training. Current animal health, animal behavior, industry trends and youth development issues are addressed. Since 2002, guest presenters have included stakeholders, extension professionals, community and youth experts.

[Details here...](#)

Cornell Vet School Open House - April 13

The students, faculty, and staff of the Cornell University College of Veterinary Medicine invite you, your family and friends to our 47th annual Open House.

Open House is our opportunity to share the joys of our profession with the community. Veterinary students and members of the faculty and staff host this annual event that provides a chance for those interested to get a closer look at veterinary medicine. We invite you to tour our college and learn more about our facilities, our equipment, and what we do everyday.

[More details here...](#)

NYS 4-H Shooting Sports Shoot - April 26-28

The state shoot will be held at the Bath Rod & Gun Club on April 26-28. Numerous volunteer position are open and needed! Please contact Kim Randall at ksb3@cornell.edu for details:

Scorekeepers- assist at various ranges to score silhouette targets, archery targets, and clay targets. Would ideally like 5-10

Target scorers- score paper targets from various events. Would ideally like 4-6.

Gatekeeper- helps to maintain safety and order on the range, by checking with the range officer before allowing people to leave or enter range. Would ideally like 2 on Friday and Sunday, 3 on Saturday.

Registration/check in- Write arrival time for participants. Provide participants with back tags. Direct participants to proper areas for equipment check for events registered for. Would ideally like 1 at main check in area, then 1 at each range for check in(2-3). This could be the same people as the gatekeeper.

Target setter- Put the targets on the ranges for the shooters. After the round has finished collect the targets and take to the scorers. Would ideally like 2.

Youth recreation assistant- Oversee youth waiting to shoot in the area, in the area provided for games movies, etc. Would Ideally like 2.

March 2 - Region II Horse Extravaganza (Horse Quiz Bowl & Hippology), and Finger Lakes District Dairy Quiz Bowl Contest, Midlakes high school

March 4-5 - NYS 4-H Capital Days Award Trip, Albany

March 9 - 4-H Expo Midlakes School 9:00 a.m. - 2:00 p.m.

March 11 - Pheasant Chick Order Due to CCE Office

March 16-17 and 23-24 - [Maple Weekend](#) 10am - 4pm each day

March 18 - Registration due to CCE Office for [State Teen Action Representative Retreat](#) (STARR) NYS Fairgrounds

March 22-23 - [Dairy Discovery](#), Cornell University,

April 6 - District Public Presentations at Midlakes School

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...](#)

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...](#)

Hunting Banquet - March 22

The Finger Lakes Bucks N' Beards Chapter and the National Wild Turkey Federation present the 3rd Annual Hunting Heritage Banquet & Auction on Friday, March 22nd, 6:00 pm at the Prattsburgh Protectives' Firehouse; 2 Allis Street.

[More details here...](#)

Schuyler County Agricultural Plastics Recycling Day - March 26

Don't burn it or bury it - recycle it!

- Bunk Cover - Bale Wrap - Ag Bags - Greenhouse Film - Maple Tubing - And others!

Participants must follow simple Best Management Practices to participate. For details call Jenna Hicks, Environmental Science Educator at 607-535-7161 or jlh254@cornell.edu.

[Please register online and Jenna will contact you to set up an appointment](#) to visit your farm and arrange for your recycling day appointment time.

Girls on the Run

Girls on the Run of the Southern Tier, a community collaboration led by the Steuben Rural Health Network at the Institute for Human Services, has opened their spring registration for girls in 3rd -5th grade at sites in Steuben, Chemung & Schuyler Counties. The Spring 2013 season kicks off the week of March 25th and will run twice a week for 10 weeks. The 5k Celebration for all teams will be held on Saturday, June 8th in Downtown Elmira.

Girls on the Run® is a life-changing, experiential learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of this youth development program are to encourage positive emotional, social, mental, spiritual and physical development.

[More details here...](#)

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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