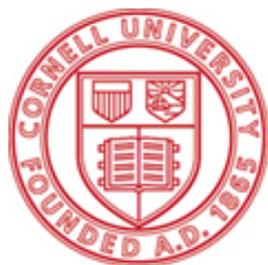


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

July 2013 - Vol 5, Issue 7

In This Issue

- Selling Your Farm Products
- Long Term Care Planning
- Nutrition booth at Farmer's Market
- Stephanie's Picks
- July 24 Pasture Meeting
- Relief Conference this month
- 2nd annual Cheese Festival
- Christmas Tree Growers Meeting
- Avoiding Summer Risks on Pasture
- 4-H News
- Outdoor Show Sponsors
- What's Going On in the Community

[Join Our Mailing List!](#)

Farm City Day is back - Sept. 28, 2013!

Farm-City is back! And for the first time ever the event will re-visit one of our former host farms! Brothers Randy & Gary Palmer hosted the event in 2005 and have agreed to open their farm to the public once again. Palmer Farms LLC, located in Howard, is home to 525 milk cows and another 500 heifers and calves. They farm approximately 800 acres of corn, 750 acres hay, and 70 acres of oats.



Farm-City Day is an educational, fun filled day on the farm where the public can get a first-hand, behind the scenes look at how a modern dairy farm operates. Come out and celebrate our local agriculture community at the annual Steuben County Farm-City Day **Saturday, September 28th!** For information on attractions, events, sponsors, and detailed directions visit our website www.steubencountyfarmday.com or find us on facebook at Steuben County Farm City Day.

Selling Your Farm Products - July 15

Selling Your Farm Products to Local Institutions, Food Hubs, and Businesses

Monday, July 15, 2013

9:00 AM - 12:00 Noon

Foodlink Distribution Center

1999 Mt. Read Boulevard

Rochester, NY 14615

Co-hosted by Cornell Cooperative Extension and Foodlink



Rochester, NY - More sales accounts means more market security in the world of local farming. Direct sales to larger buyers like food hubs, restaurants, and institutions can boost your farm profits and improve cash flow. These kinds of buyers are not quite retail yet not quite wholesale, so positioning your farm to serve institutional accounts takes a distinct set of skills and planning steps.

Cornell Cooperative Extension and Foodlink are hosting this workshop and facility tour to provide real-world insights about how to arrange marketing relationships with businesses and institutions, maintain the supply contacts, and other important factors. Participants will get practical tips on the advantages and disadvantages of small-scale wholesale, pricing, and crop planning. Mitch Gruber of Foodlink will lead a tour of their food hub distribution center and Dorthea King-Simpson of the Rochester ChildFirst Network will explain how they work to procure fresh produce while looking to local farms as a source of nutrition.

This workshop is suitable for any small farm operator who would like key understandings about wholesale marketing on a small scale. Workshop fee: \$10.00 per person, which includes lunch, handouts, and networking.

REGISTER or MORE INFORMATION: Please contact Nancy Anderson at Cornell Cooperative Extension of Ontario County at 585-394-3977 x427 or nea8@cornell.edu.

Supported by Farm-to-Institution New York State (FINYS).

Free workshop on Long Term Care Planning - July 25

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 **2:00-4:00 p.m. on Tuesday, July 25, 2013** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

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.

Visit our booth at the Farmer's Market in July

The CCE-Steuben Nutrition Team has scheduled the following dates to be at the Bath Wednesday Farmer's Market in Pulteney Square:



July 10 & 24
August 7 & 21
September 4

Nutrition Educator Jon Sterlace will be in the CCE booth these dates and serving samples from approximately 10:30 a.m. to 1:00 p.m. or until the food runs out. Each week he will choose a recipe

based on the current fresh produce available.

Stephanie's Picks...

1. It's almost time to worry about grubs in your lawn. Visit <http://nysipm.cornell.edu/publications/grubs/treat.asp> to determine if it is time to treat your lawn.
2. It's peak of the fresh produce season visit putknowledgetowork.org and review The Steuben County Farm Product Guide to find local produce, meats, honey, maple and more near you!
3. With all of the rain lately it is important to check your vegetables, especially tomatoes and potatoes, in the garden frequently. Please review this site for identification of the disease and information about prevention and control of the disease: <http://www.nysipm.cornell.edu/publications/blight/>



Pasture Meeting - July 24

Pasture Meeting

Flies on dairy cattle on pasture? What's the Buzz?
Wednesday July 24th from 10:30 AM to 12:30 PM

Harv Lacey Farm, 2258 Ames Nichols Road,
Canaseraga, NY

With 2 credits, Categories 1b, 10 and 31

Fly pests can affect animal health, decrease milk

production and weight gain, transmit disease causing agents, reduce grazing time, annoy and irritate animals and more...



Who are the usual summer time pest species and what can you do about them? From this pasture meeting you will learn to correctly identify the most important fly pests affecting cattle on pasture in the northeast. You will learn techniques to determine if fly populations are at the numbers that can cause economic injury. Learn the options available for controlling fly pests affecting animals on pasture including the role of dung beetles, use of effective biting fly catching traps suitable for use on pasture, and what you should know about making insecticide use decisions.

Joining us for the pasture meeting will be Keith Waldron who has statewide responsibilities for coordinating livestock and field crop IPM extension efforts for Cornell University's New York State Integrated Pest Management Program. Integrated Pest Management (IPM) is a system that utilizes all suitable pest control techniques and methods to keep pest populations below economically injurious levels in a way that optimizes net profits and minimizes impact on the environment.

A complimentary lunch will be provided before you head home. For more information or if you have any questions, call Tom Parmenter at 585-268-7644 Ext. 26.

Releaf Conference - July 18-20

NYS Releaf Conference "Greening the Rustbelt"

When: July 18-20

Where: SUNY IT Marcy, NY



All tree enthusiasts are invited to the 21st Annual New York State ReLeaf Conference to be held July 18-21, at the State University of New York Institute of Technology, Marcy, New York. You won't be disappointed! The conference, "Rust to Green", promotes the idea of taking vacant underutilized properties, and redeveloping them incorporating green infrastructure to

turn them into assets for community use.

Kevin Caravati, Senior Research Scientist at the Georgia Tech Research Institute will be one of the keynote speakers and will discuss the projects that they have assisted on in various cities turning vacant properties to green spaces. The second keynote speaker is Matt Driscoll, President and CEO, NYS Environmental Facilities Corporation who will discuss the green infrastructure projects that have been funded using their state grant money. Workshops will include the "Save the Rain" program in Onondaga County, Proper Tree Planting, Insects and Diseases of Landscape Trees, Urban Soils, and Planning/Zoning

topics. Tours on Friday afternoon will include visiting Green Infrastructure Projects in the Mohawk Valley or visiting the Hamilton College Arboretum. The conference workshops are planned to provide a variety of topics that will be of interest to anyone who is involved with urban environments and trees.

Contact: Mary Kramarchyk at 518-402-9412

Registration: http://www.nysurbanforestrycouncil.com/annual_app_13reg.asp

2nd Annual Cheese Festival - July 27

2nd Annual Finger Lakes Cheese Festival

July 27, 2013

10 - 5 Sunset View Creamery

4970 County Rd. 14 Odessa, NY

Pack up your friends, the kids, a cooler and even your dogs (on leashes please) and head to the 2nd Annual Finger Lakes Cheese Festival, a fun-filled family day of food, music, animals, games, classes and more on one of our member farms, Sunset View Creamery -- just south of Watkins Glen.

You'll have the chance to taste all the cheeses of the Cheese Trail in one place, and enjoy plenty of local foods and beverages provided by our friends and neighbors. Think of it as a big summer family picnic meets a farm market!



Admission is free. Parking is just \$5 a car, and the first 750 parking stubs get a commemorative shopping bag! [Visit here for more details!](#)

Christmas Tree Growers to meet



Steuben Area Christmas Tree Growers

Annual Meeting

Thursday July 11, 2013

Marcus Farms

196 Ellis Hill Rd.

Arkport, NY 14807

6:00 pm - 7:15 pm

Registration will begin at 6:00 p.m. followed at 6:15 by Christmas Tree Pests - An Update And Review by Dr. Elizabeth Lamb, NYS Integrated Pest Management Program

Dr. Lamb will lead a tour through Marcus Farms Christmas Tree plantings and discuss pest challenges growers have encountered during the current growing season. She will also cover the best cultural and chemical control options

available. Topics of discussion diseases, including Phytophthora root rot and other root diseases, insect problems that arose, weed control, and touch on deer damage prevention options.

Please register by Monday, July 8th so we can be sure to accommodate everyone. Also, if you would like a copy of the Cornell 2013 Pest Management Guide for Commercial Production and Maintenance of Trees and Shrubs (\$26) please let me know so I can have them available. This program has 1 NYS-DEC Pesticide Recertification credit in categories: 1a, 2, 3a, 9, 10 and 25 pending approval. Contact Stephanie Mehlenbacher at Cornell Cooperative Extension of Steuben County at 607-664-2300 or sms64@cornell.edu to register by Monday July 8th, 2013.

Avoiding Summer Risks on Pasture

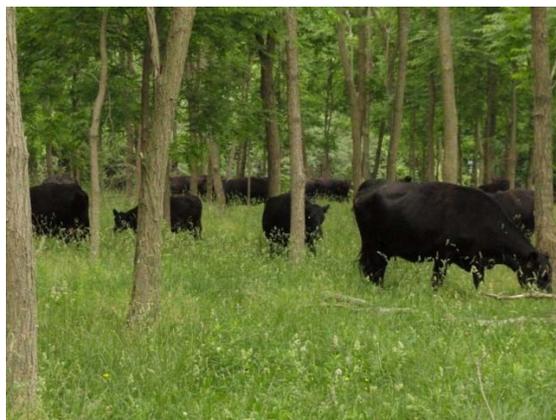
Farmers who graze their livestock know that May and June are the best months for grazing in the Northeast. Grazing is still good for the rest of the summer but has challenges: heat stress for the animals, lack of rain for the pastures and low production of the cool season grasses in the pastures.

REDUCING HEAT STRESS WITH SILVO-PASTURING

Wed. July 31 10:30 a.m. - 2:00 p.m.

Chedzoy's Angus Glen Farm, 3050 Station Road, Watkins Glen, NY.

Brett Chedzoy has given many talks on silvo-pasturing. His talks focus on animal welfare as well as benefits to the forest's production. This event will give participants a chance to see what silvo-pasturing looks like after it has been in use for a number of years. Angus Glenn is a multi generational farm that has used a number of conservation practices that benefit their beef herd. We will see areas that have been managed for silvo-pasturing for many years as well as areas they are currently transitioning to the practice.



This pasture walk is supported by the USDA's Risk Management Agency and the NYS Dept. of Agriculture & Markets. Fay Benson will provide information on crop insurance tools to manage risks on farms

Please RSVP to help us plan lunch which will be provided at each of the events with funding from the NY GLCI. Contact Sharon VanDeuson at 607-753-5078 or shv7@cornell.edu

4-H News

Talent Show

Steuben County Fair Talent Contest entries are accepted through Friday, August 2nd, 2013 at 5:00 p.m. Early registration is advised. Go to <http://www.steubencountyfair.org/talent.html> for rules and regulations including the registration form.

Mentoring in Medicine 2013 Virtual Summer Camp



Interested in Science? Interested in a Biomedical Career? Want to learn about human anatomy, physiology, and diseases? Want to share information with your family and community about healthy living?

Register today for the Mentoring in Medicine Virtual Summer Camp to be held August 5-16. Register at www.mimvc2.eventbrite.com. Tune into MM Television from the comfort of your home. Free! All you need is internet access. For more information visit www.medicalmentor.org.

Garden Visits

To register for a garden visit, Garden Visit Return Forms must be filled out and returned to the CCE office by July 8. [Visit the website for details.](#)

County Fair Entries

All county fair entries are due on Monday, July 8. Visit the [4-H forms page](#) on our website for appropriate forms and the Fair Book. Attention to Youth Building Exhibitors: If you are bringing fair entries in person, they can be brought to the Steuben County Fairgrounds in the 4-H Building on July 8 from 9:00 a.m. to 4:30 p.m.

Thank you to our sponsors...

This year's **Southern Tier Outdoor Show**, scheduled for October 12-13 at Wilkins RV in Bath is underwritten by several great sponsors!

We wish to thank the following for helping us grow every year:

Heartland Recreational Vehicles, LLC
Wilkins Recreational Vehicles, Inc.
Hills, Valley & Streams, Inc.
Lamb & Webster
Bank of the West
Steuben Trust Company
Tyrtle Beach
Five Star Bank
True Blue Satellite Systems

and we wish to welcome a new sponsor this year:

The Sausage Maker
Big Flats Consumer Square
Big Flats, NY



For more information on joining us as a sponsor, or exhibiting at this year's show, visit www.SouthernTierOutdoorShow.com email crd24@cornell.edu or call 607-664-2313.



Join us on Facebook at facebook.com/southerntieroutdoorshow.

What's Going On Around the Community...

JAKES Conservation Field Day

The JAKES® Conservation Field Day Event sponsored by the Canisteo & Cohocton Valley Chapters of The National Wild Turkey Federation will take place on Saturday July 20, 2013 at the Bath Rod & Gun Club, 7771 Telegraph Rd (Co. Rt. 16) Bath, N.Y.



Registration begins at 8:00 a.m. and events begin at 9:00 a.m. sharp! This event is held for ages 17 years old and young: JAKES 0-12 Extreme JAKES 13-17.

Admission and Lunch is FREE. A fun filled day of outdoor activities is planned. Parent or Legal Guardian must sign registration/release for. For more information or to register contact: Jim or Karen McGlynn 5217 Turnpike Road, Bath N.Y. 14810 (607) 776-6263

Glenn Curtiss Flying Weekend at Hidden Valley 4-H Camp

July 19-21, 2013. For ALL boys and girls ages 8-17. Accomplished Bicycle Racer - Fastest Man on Earth (motorcycle racer) - First Public Flight of an Aircraft - Father of Naval Aviation - Entrepreneur - Tinkerer - Land-developer.

Who was this guy from the small town of Hammondsport? Come with Hidden Valley to tour the museum that celebrates the accomplishments of Glenn H. Curtiss (www.glennhcurtissmuseum.org). We will see behind the scene restorations of vintage vehicles and then participate in a hands-on program to understand how heavier than air flight can happen.



Saturday afternoon will culminate with either a hike or swim nearby. Register online at: https://reg.cce.cornell.edu/hv4hc2013_244. For questions call 607-535-7161. See our website: <http://www.hiddenvalley4hcamp.org>. \$100 for the weekend stayover.

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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