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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

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The Energy Bike is coming to County Fair!

"Be sure to visit the Cornell Cooperative Extension of Steuben County booth at the 2013 Steuben County Fair," says Nancy Reigelsperger, Cooperative Extension Financial and Energy Educator, "We'll be featuring the Energy Bike - both an adult version and a youth version!"

The Energy Bike is no ordinary bicycle. Made available to Cooperative Extension through Cornell University's Department of Design and Environmental Analysis, the Energy Bike takes its riders on a tour of the world of electricity.



Outdoor Show promotion

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"Besides giving a hands-on demonstration of principles of electricity, through their pedaling the Energy Bike, riders can feel the different levels of energy required to power incandescent light bulbs, compact fluorescent lamps, a fan, a hair dryer, and a small television," says Joseph Laquatra, Cornell professor of design and environmental analysis.

The Energy Bike is set up as a stationary bicycle, but its rear wheel is connected to a generator that powers different electrical items. "Riders will certainly learn how different electrical objects with various levels of energy efficiency require different amounts of energy to operate," says Reigelsperger. She adds. "You won't look at electrical use in your home the same after this ride!"

The Energy Bike will be at the Cornell Cooperative Extension of Steuben County booth, moved this year to the 4-H Building, on Tuesday, August 13 through Sunday, August 18 from noon to 7:00 p.m. Riders will be required to be of adequate height, wear closed shoes, and avoid loose clothing in order to participate. For more information, call 607-7664-2300 or visit putknowledgetowork.com.

The Cooperative Extension booth is moving at this year's fair...

The Cornell Cooperative Extension of Steuben County booth is moving from the grandstand to the 4-H Building for the 2013 Steuben County Fair. The new booth space halfway back in the building, will offer more space to highlight educational materials for the public.

This year the booth will feature the Energy Bike, a hands-on demonstration of how much energy it takes to power different electrical appliances. There will be two bikes available for the fair audience to try - a regular adult size as well as a youth version.

Also in the booth will be a display of LED lighting



facts including an explanation of lumens, the new way to shop for lighting. Come view the various LED options, and register to win a Home Depot gift card.

Each day the booth will feature a cooking demonstration by the Cooperative Extension nutrition educators. They will feature healthy recipes using local produce. Check the schedule for their demonstrations at the booth or online at putknolledgetowork.com.

In the Agriculture Building at the fair...

The Cornell Cooperative Extension of Steuben County agriculture and horticulture educators will be featuring the new [MeatSuite website](http://MeatSuite.com) at their booth in the Agriculture Building at the 2013 Steuben County Fair. An interactive computer will be set up at the booth to help visitors find a local farmer that supplies locally grown meats.

The booth will also highlight information on vegetable pests and diseases of concern, such as how to prevent late blight on tomatoes and potatoes. Come talk to the Master Gardeners about your gardening challenges.



4-H Schedule at the 2013 County Fair...

Tuesday:

9:00 AM Dairy Goat Show

1:00 PM Meat Goat Show

6:00 PM Veggie Art Contest - Youth Building

Wednesday:

10:00 AM 4-H Livestock Costume Contest - Pavilion

12:00 PM Beef Show - Pavilion

Thursday:

10:00 AM 4-H Dairy Cloverbud Class & Non-Owner Dairy Showmanship - Pavilion

11:00 AM 4-H and Open Dairy Show - Pavilion

10:00 AM 4-H and Open Sheep Show

3:00 PM 4-H and Open Swine Show



Friday:

9:00 AM Horse Show - Jumping, English Western

5:30 PM 4-H & FFA Livestock Sale

Saturday:

9:00 AM Horse Show - Showmanship, Costume, Trail, Dressage, Games

1:00 PM 4-H Creative Place Setting Contest - Youth Building

2:00 PM 4-H Cloverbud Giant Cook Decorating Contest - Youth Building

2:30 PM 4-H Cake Decorating Contest - Youth Building

3:30 PM Cake Auction - Youth Building

4:30 PM 4-H Flower Arranging Contest - Youth Building

Visit our booth at the Farmer's Market in August

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



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. We continue to hear reports of late blight occurring within 200 miles of Steuben County. Learn more about protecting your tomato and potato plants now. Visit <http://lateblight.nysipm.cornell.edu/> for the weekly update on late blight.

2. Garlic should be ready to harvest and should be drying now. Choose only the healthiest bulbs to replant in October for next year's crop.

3. Now is the time to plant the second planting of the cold weather vegetable crops. Plant peas, radish, lettuce, and other cold hardy crops for a fall harvest.



Cornell Floriculture Field Day - August 13



We invite you to attend this year's Floriculture Field Day.

Come see which plants thrive in the August heat, enter the Kathy Pufahl Container Design Competition, and come a day early and attend IPM In-Depth.

Rain or shine, we'll see you there! [More details here.](#)

Keep Your Picnics and Barbecue Food Safe This Summer

Many families enjoy picnics and barbecues during the summer. It's a great way to reconnect with family and friends, enjoy time outdoors and play a game of softball or kickball together. Here are some tips to keep your food safe and to keep your friends and family healthy and well:

1. Keep cold foods cold. Cold foods should be stored at 40 degrees or colder. Make sure to pack your cooler with lots of ice or ice packs. Only take food out of the cooler long enough to serve it, then put it back into the cooler for safe keeping. Store coolers in the shade to help keep food cool.

2. Keep hot food hot. If you are serving hot foods at your gathering, consider using a crockpot to keep hot foods hot. Hot foods should be held at 140 degrees or

hotter to stay safe.

3. Use two plates when grilling meats, poultry and seafood. One plate to carry the raw food to the grill and a second clean plate to serve the cooked food.

4. Use an instant read thermometer to make sure grilled food is completely cooked. Cook steaks to 145 degrees, poultry, hot dogs and sausage to 165 degrees, ground meat to 160 degrees and fish and seafood to 145 degrees.

5. If you don't have access to water and soap to wash your hands and clean surfaces when you are handling or serving food, make sure to bring disinfecting wipes to use.



For more information check out the Fight BAC website:

<http://www.fightbac.org/safe-food-handling/safety-in-all-seasons>

Food Preservation Time is Here!

Whether you are harvesting produce from your garden or buying at the local Farmer's Market, now is the time to take advantage of what's in season that is fresh and economical.

How about preserving some fruits and vegetables for the winter. If you are a beginner to preserving fruits and vegetables from the farmer's market, roadside stand, or your home garden, freezing is the easiest, fastest, and most economical method.

Steuben County CCE has the most up-to-date information to get you started. There are Master Food Preservers available to answer your questions, so call or stop in to ask your questions and get the latest fact sheets. If interested in a class, give us your name and contact information and we will let you know when one is planned.

As of now, there is a **workshop planned for the Corning Area at Corning Building Company on September 7th.** Contact



CBC for more information. This is a pressure canning and freezing workshop. Pressure Canning Method is used to can vegetables and meats.

A work shop is being planned in the Bath area in the fall, that will focus on the boiling water bath canning and freezing. The Boiling Water Bath Method is used to can fruits, pickles, jams and jellies. Check next month for dates and times.

If you have a pressure canner with a gauge, the Master Food Preservers at CCE can test it to see if it is still accurate. Just bring the lid. Call before coming to make sure there is a master preserver available. 607-664-2300.

A good source of information is the National Center for Home Food Preservation at http://nchfp.uga.edu/how/gen_freeze.html

Eat Fresh Produce: Farmer's Markets are open!

The University of Rhode Island Cooperative Extension has a handy chart called **Garden to Table: Storing Fresh Garden Produce**.

Post a copy of this on the side of your refrigerator for more specifics for each vegetable and fruit. <http://www.uri.edu/ce/ceec/food/documents/fruitAndVegetableStorageChartFactSheet.pdf>

How Much is Credit Card Debt Costing You?

By Katie Bryan

Credit card debt - it's something that hangs over many Americans. According to the Federal Reserve, in April 2013 the average credit cards debt equaled \$3,364 per U.S. adult. This assumes that EVERY adult has a credit card and that those cards carry debt. But not all adults own a credit card. Young Americans are among those [ditching their credit cards](#) and not all households with credit cards carry a balance each month. The only way to reduce credit card debt is to make payments each and every month. To reduce this even faster you should pay more than the minimum payment each month.

Save Nearly \$4,000 by Paying More than the Minimum Balance

By only paying the minimum monthly balance, you are guaranteed to extend the amount of time it will take you to pay off your credit card and increase the amount you will pay. Take this example:

Total Credit Card Debt	Monthly Payment	Years to Pay Off	Total Cost
\$3,364 (at 14.96% Interest)	\$67.28 (min. payment)	19 Years 5 Months	\$7,618.63
\$3,364 (at 14.96% Interest)	\$87.28 (min. payment +\$20)	4 Years 4 Months	\$4,533.67
\$3,364 (at 14.96% Interest)	\$107.28 (min. payment +\$40)	3 Years 4 Months	\$4,225.11
\$3,364 (at 14.96% Interest)	\$167.28 (min. payment +\$100)	1 Year 1 Month	\$3,841.40

In this example, finding an extra \$100 a month to apply to credit card payments reduces the time it will take you to pay off this debt from over 19 years to just over 1 year AND saves you nearly \$4,000.

Use this great [free calculator](#) to see how long it will take you to pay off your credit card debt. You can see how long it will take if you only make the minimum payment, how much you will save by paying more, and you can find out how much you will need to pay each month to be debt free in a time period you designate.

How to Find \$100 Extra a Month to Pay Down Debt or Save

The [2011 Consumer Expenditure Survey](#)

from the U.S. Bureau of Labor Statistics broke down how the poorest 20% of Americans spend their money. Based on the numbers, there are a few ways even these household can find money to pay down debt and save.

1. Turning off your cell phone or cable while you pay down debt could save you \$50 a month. (You can turn it back on as a reward when your credit card debt is gone or save it.)
2. Stop smoking a save \$25 a month.
3. Cut your entertainment costs in half to save \$40 a month.
4. Find a penny pick it up, by savings \$.50 in change a day you will save \$15 a month.

Need help finding ways to save? Take the [America Saves pledge](#) to make a commitment to yourself to save and receive emails and/or text messages to keep you motivated. Over your head and need help with debt? [Visit this page](#) to find out what resources are available to help you get out of debt.

America Saves, managed by the Consumer Federation of America (CFA), is a non-profit research-based social marketing campaign that seeks to motivate, support, and encourage low- to moderate-income households to save money and build wealth. Learn more at americasaves.org

Got Ag Plastic?

Did you know the Steuben County Landfill accepts Ag plastic film for free? You can drop off plastic from silage bags, bunk covers and bale wrap any business day at the landfill on Turnpike Road in Bath. Cornell Cooperative Extension staff and Steuben County Landfill staff are investigating opportunities to recycle these types of plastic.

A few tips to consider while you are collecting plastic on the farm:



- AVOID MUD and MANURE as much as possible. Don't run tractor over plastic. Locate silage bags and bales on a concrete pad, asphalt, or on high, dry ground.
- CUT FILM BEFORE REMOVING SILAGE. Cut into pieces of size and weight one person can handle.
- SHAKE or BRUSH OFF forage, soil, stones. Plastic does not have to be "clean" but as little debris as possible is appreciated.

For more information on Ag plastic recycling contact Rich Bills at the Steuben County Landfill at 607-776-3191.

MacKenzie Krisher of Greenwood crowned 2013-2014 Steuben County Dairy Princess

MacKenzie is the 19 year old daughter of Darleen Krisher-Meehan and Scott Krisher. MacKenzie is very involved with exhibiting dairy cattle as well as working at RAW Farms in

Whitesville and Roll N View Farms in Nunda NY. MacKenzie is a Sophomore at Alfred State College majoring in Ag Tech. MacKenzie is active in the Allegany-Steuben Holstein Club where she currently serves as treasurer of the junior members and as convention chair for the NYS Junior Holstein Association. MacKenzie is new to the Dairy Princess program and is looking forward to providing information about the health benefits of consuming 3-Every-Day of dairy and bolstering support for Steuben County's dairy farms.



The Steuben County court for 2013-2014 consists of 9 Dairy Ambassadors.

Paige Demun, Troupsburg, Morgan Pierce, Addison, Brynn Scholes, Rexville, Haley Grace, Addison, Rebekalynn Joris, Cameron, Sara Stierly, Addison, Alyssa Ross, Troupsburg, Megan Ross, Troupsburg, and Emily McCaig, Jasper.

If anyone is interested in more information on the Dairy Princess program or becoming involved please contact Darleen Krisher-Meehan at 607-478-8858

CleanSweepNY scheduled for October in Region 8!

CleanSweepNY is an Environmental Benefit Project which was initiated by the New York State Department of Environmental Conservation's Bureau of Pesticide Management and it describes in one word an effort to safely and economically dispose of canceled, unwanted, unusable, or otherwise obsolete pesticides and other chemicals from agricultural or non-agricultural business activities.



This fall collection will be the 15th CleanSweepNY collection event since the program's inception and we look forward to providing these valuable chemical waste disposal services to those such as New York State farmers, certified pesticide applicators, landscapers, school laboratories and others.

Monday, Oct. 21, Watkins Glen

Tuesday, Oct 22, Hornell
Wednesday, Oct 23, Lakeville
Thursday, Oct 24, East Rochester

<http://www.cleansweepny.org/>

Watch for more details on the CleanSweepNY program in next month's newsletter!

4-H News

County Fair Clean Up Day - Sunday, August 4

Fair Cleanup is SUNDAY! 9:30 a.m. to noon. We do ask that you bring a broom with you. Remember: Each club should provide at least 2 people to help get the buildings ready for the 2013 Steuben County Fair! Barbeque lunch provided FREE at noon for those who participate.

County Fair

Be sure to check to website on the [forms page](#) for all the information on ID's, entries, and contests.

New York State Fair

The Steuben County Youth Building Exhibits will be on display at the fair from August 22- 25. Be sure to stop by!



Promotion of Outdoor Show beginning to heat up...

This year's **Southern Tier Outdoor Show**, scheduled for October 12-13 at Wilkins RV in Bath will be advertised on the Pursuit Channel, the outdoor channel of DISH/Direct TV.

Jim Beverly who leads the Companion Retriever Hunting Challenge at the show, will be on WETM's Community Focus on Sunday, August 25 with his dog, Zeus. Be sure to watch!



Outdoor Channel's Byron Ferguson!

October 12-13, 2013

Join us at the largest fall outdoor show in New York State!
at Wilkins RV Bath, New York
9 am - 5 pm

SOUTHERN TIER

OUTDOOR SHOW

Youth Activities 3 Wildlife Shows Professional Seminars Over 100 Exhibitors Contests

607-664-2300

SouthernTierOutdoorShow.com

The poster features several images: a man in a cowboy hat shooting an arrow, a person at a target stand, a bird of prey, a person fishing, and a dog on a boat. The background shows a scenic landscape with mountains and a lake.

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...

Back-to-School Services Information Available Through 2-1-1 HELPLINE

July 25, 2013 (Bath, NY) --- With the start of another school year just around the corner and many children in the Southern Tier without access to adequate school supplies, local agencies are collecting donations to help fill the gap. 2-1-1 HELPLINE, a service of the Institute for Human Services, has released its annual directory of Back-to-School Supplies donation sites throughout the Southern Tier. The directory provides a comprehensive listing of site locations, contact information, associated service areas, and donation requests. Individuals are able to access the directory by visiting www.211helpline.org or by dialing 2-1-1.

These opportunities are offered through a variety of local organizations that need donations - ACCORD Corporation, Belfast Central School District, Cuba Food Pantry, Catholic Charities of Chemung County, Catholic Charities of Schuyler County, Catholic Charities of Steuben, Corning Salvation Army, and the Food for the Needy Program. Through their work, children in the 5-

county area will be provided with a multitude of vital school supplies that may not have otherwise been accessible.

Help Starts with 2-1-1. To learn more about 2-1-1 HELPLINE and the many other ways they work to connect individuals to services simply Dial 2-1-1 or 1-800-346-2211 or visit www.211helpline.org. 2-1-1 HELPLINE is also accessible through Facebook.

American Red Cross Offers Babysitter's Training in Bath Course Gives Young Adults a Jump Start on Their Babysitting Careers

Bath, NY, Friday, July 26, 2013- The American Red Cross is offering a Babysitters 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.

Caregiving skills take prospective young sitters from feeding to diapering and playtime to bedtime routines. Participants also learn how to handle emergencies such as injuries, illnesses, and household accidents.

Course participants also learn decision making and problem solving skills as well as how to draft resumes and interview for potential jobs. Take-home tools include a compact emergency reference guide, a CD-ROM featuring games, songs, and recipes, and a babysitting client organizer.

The Greater Steuben Chapter of the American Red Cross is offering Babysitter's Training at:

The Dormann Library
101 W. Morris Street, Bath
Saturday, August 10; 9:00 - 3:30
Materials are provided; please bring lunch.

Advance registration is required; visit redcross.org/babysitting or call 1-800-RED-CROSS for details and to register for a class. Use the coupon code INDY200913 for a 20% discount (regular price: \$85; coupon expires July 31).

For more information, call Julia Hoover at (607) 936-3766.

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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