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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

September 2013 - Vol 5, Issue 9

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Join us for Farm City Day in Howard!

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.

Preserving the Peak of the Harvest...

Now is the time to buy local produce at the farmer's markets and road side stands to freeze or can for this winter. Or maybe your garden produced a bumper crop and you want to preserve it to eat later. If you are a beginner or need a refresher on the latest USDA approved methods of freezing or canning, Cornell Cooperative Extension of Steuben County is offering both the pressure canning and the boiling water method workshops in September. There will be a live interactive hands-on demonstration at the sessions.

Corning Area: Sponsored by Corning Building Company & Presented by Master Food Preservers from Cornell Cooperative Extension of Steuben County

At the Corning Building Company, 346 Park Ave.,
Corning

Date: Sat., September 7, 2013 from 9:00-11:30am.

Free, but registration required. (607-936-9921)

Topics: Pressure Canning Method-Canning vegetables and meat

Freezing of fruits and vegetables

Update of food safety

Instructional packet to take home

Canned product to take home

Bath Area: Presented by the Master Food Preservers from Cornell Cooperative Extension of Steuben County & St. Thomas Episcopal Church

Location: St. Thomas' Episcopal Church, Bath, NY

Date: September 11, 2013

Time: Two Sessions being offered: 2:00-4:30 and 5:00-7:30

Cost: \$10

*Registration Required: 607-664-2300



Topics: Boiling Water Method of Canning
Freezing of fruits and vegetables
Update of food safety
Instructional packet to take home
Canned product to take home

Call 607-664-2300 to register and this will also enter your name into a drawing for door prizes the day of the workshop. for more information visit us online at putknowledgetowork.com.



The heating season is just around the corner...

Do your energy bills skyrocket when the air turns colder? Let Cornell Cooperative Extension of Steuben County teach you a few easy tips to lower your energy bills. Spend a couple hours with Energy Educator Nancy Reigelsperger in one of our FREE Save Energy Save Dollars classes this month.

- **September 23, 2013** from 6:00-8:00 p.m. at the Dansville Library, 200 Main St., Dansville.
- **September 30, 2013** from 5:30-7:30 p.m. at the Wayland Library, 101 West Naples St., Wayland.

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few **no-cost** or **low-cost** conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out!

Each participant will receive a FREE energy saving item. Please register your space by calling 607-664-2300 .



Visit the CCE booth at the Bath Farmer's Market Sept 4

Join Nutrition educator Jon Sterlace will be whipping up more healthy recipes at the CCE

booth at the Bath Wednesday Farmer's Market on **Wednesday, Sept 4** this time featuring cabbage from Ed Tietje. Serving sample time is from approximately 10:30 a.m. to 1:00 p.m. or until the food runs out.

Last week's samples of zucchini pizza drew many visitors asking for the recipe! RSVP Volunteers Al and Elaine Lefarge of Bath assisted with passing out the samples. Come check us out next week and enjoy Market Day!

Visit our website at www.putknoughtowork.com to get some of these wonderful recipes!

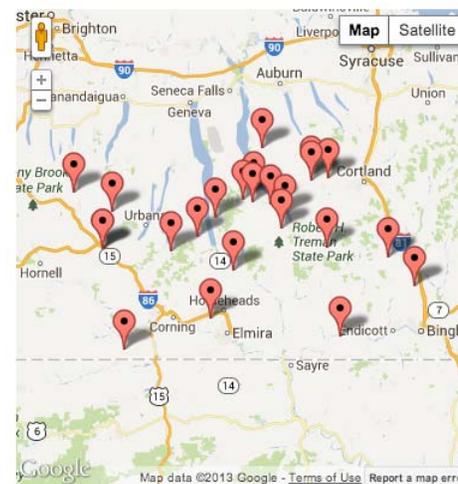


Meat Suite Website helps you Find Your Farmers!

Cornell Cooperative Extension of Steuben and Tompkins Counties want to remind you that there is a new website that helps area residents source locally-raised meats. The new website called the Meat Suite (www.meatsuite.com) is a searchable directory focused exclusively on local farms that are marketing meat via "freezer trade" (the sale of whole, halves, quarters of animals and bulk bundles of meat). Freezer trade sales offer a great balance of the amount of marketing labor needed and price per pound for meat sales.

Livestock producers face several challenges when it comes to tapping into the local meats movement. They have limited access to USDA inspected facilities, which is needed for them to sell individual "cuts" (such as to restaurants and/or farmers' markets, etc...) Farms that are able to sell at farmers' markets and farm stands struggle to keep up with the labor and inventory management demands of selling by the cut.

Local livestock producers have reported to Cornell Cooperative Extension Educators that it is hard to reach new freezer trade customers. Additionally, Cornell Cooperative Extension has learned from many consumers that several barriers prevent them from buying local meats in bulk. These included lack of freezer space, large cash outlay for a quarter



(and possibly a freezer), and lack of knowledge of local producers.

Kerri Bartlett and Matt LeRoux, Agriculture Educators at CCE of Steuben and Tompkins Counties, respectively, have created this way for livestock farmers to reach consumers who are looking for locally-raised meats. Their goal is to give consumers a platform to find a farm that fits their individual needs and preferences. On the Meat Suite website, each farm has a profile page where they describe their farm, farming practices, and products; allowing the consumer to choose the meat that meets their family's wants and needs and, ultimately, as we say, "Find Your Farmer!" The website also has "Learn More" pages for consumers to learn more about buying local meats in general.

This website was made possible through a NE SARE Partnership Grant. SARE (Sustainable Agriculture Research and Education) is part of the USDA National Institute of Food and Agriculture. SARE offers competitive grants to projects that explore and address key issues affecting the sustainability and future economic viability of agriculture.

For more information about this website contact Kerri Bartlett, CCE-Steuben at 607-664-2311 or Matt LeRoux, CCE-Tompkins, at 607-272-2292 or visit the website at www.meatsuite.com

Back to School: What's for lunch...it's in the bag!

With the beginning of school right around the corner, it's a good time to think about packed lunches that are nutritious and safe. Many children take advantage of the National School Lunch and Breakfast Programs but there may be times when your child may not like or want to eat what's offered.

One option is to pack a lunch. Carried lunches are often packed in the early morning and held in a school locker until noon. If foods that do not need refrigeration are in the lunch (for example, peanut butter with apple and raisins) this is not a problem. But if the lunch contains meat or cheese or even some types of fruit or vegetables, room temperature promotes growth of illness-causing bacteria.

The best way to keep bacteria from multiplying is to keep the temperature below 41° F (this is the same as your refrigerator). Packing healthy foods in temperature controlled containers or



carriers is the key to keeping them safe.

Here are some tips to keep foods cold:

- Prepare a sandwich the evening before and refrigerate or freeze it until morning.
- Use freezer gel packs, frozen juice boxes or frozen fruit items.
- Carry an insulated lunch box.

PS. This is good advice for *anyone* who packs a lunch! For more information on packing healthy and safe lunches [visit this website](#).

Got Trees, Woods, Woodlot, Forest? Advice on Improving them...

On October 5th, professional forester Bruce Robinson will conduct a program and a woodwalk at Greenwood Hill Farm in Andover, NY. Greenwood Hill Farm is located off SR417 and has 60 acres of mixed hardwoods that are being managed under a 480a forest plan. Bruce and the landowners, Dana and Jim Kruser, will discuss how they are approaching improving the health of the forest and accomplishing the multi-use goals of commercial timbering, wildlife habitat management and recreational use.

Greenwood Hill Farm completed a limited commercial thinning of a portion of the forest last winter using a professional logger with horse-drawn equipment. This past spring they began a hardwood forest regeneration project with the planting of 100 red oak trees. Bruce will lead a walk through both the forest and the regeneration projects describing what has

been done, why, and what the next steps are. As with all of Bruce's woodwalks, this one promises to be full of interesting information for novice and experienced forest owner alike.



The event will get underway around 9:30 am with refreshments. Bruce's presentation, with ample time for your Q&A, will began at 10:00 am. Bring a bag lunch and we will break at noon. Following lunch Bruce will guide us through both the forest and hardwood regeneration project. The walk will be on forest roads with a small amount of up and down. Please bring clothing appropriate to the season (there will be a tent at the site for the presentation part of the program and for lunch).

RSVPs are encouraged, but not required. To RSVP and for directions and more information, please contact Dana & Jim Kruser at (607) 478-5171 or by email at jim@greenwoodhill.com. For more general information on Greenwood Hill Farm, please go to their website at: www.greenwoodhill.com.

This will be a joint event of the Western Finger Lakes and Allegheny Foothills chapters of the New York Forest Owners Association (NYFOA). For more information on NYFOA, visit: <http://www.nyfoa.org/>

Dairy Acceleration Program Announcws

Governor Cuomo, in partnership with the NYS Department of Agriculture and Markets and the NYS Department of Environmental Conservation, has announced the Dairy Acceleration Program.

This program is designed to enhance profitability of New York dairy farms and to maintain a commitment to environmentally responsible growth. The program will be

delivered in collaboration with Cornell PRO-DAIRY and Cornell Cooperative Extension.

Eligible projects assist New York dairy farmers to develop business plans for successful and environmentally responsible growth. Funds may be used for creation of strategic business plans focused on growth, design of new or remodeled facilities, or development of environmental and farmstead plans. Farms must have lactating dairy cattle.

Eligibility:

- Must be a dairy cattle farm
- Must have complete financial records for business planning
- Preference is given to farms with under 300 cows
- Must complete and submit an application



Dairy Acceleration Program funding covers 80% of a project's cost. The farm is responsible for 20%, of the project cost, which is paid directly to the service provider, including any in excess of established limits.

Funding may include:

- Up to \$5,000 per farm to write a business plan or to develop a combination of a business and facility growth plan
- Up to \$6,000 to develop a new Comprehensive Nutrient Management Plan (CNMP) for farms under 300 cows
- Up to \$4,500 to update an existing CNMP for farms under 300 cows
- Up to \$3,600 for an initial and combined evaluation of financial and environmental needs of the farm for farms under 300 cows

Business planning to account for the cost of environmental improvements associated with growth of the dairy is encouraged. Agri-business personnel who wish to provide services for the Dairy Acceleration Program should contact Caroline Potter for more information at cjh42@cornell.edu. For more details visit the DAP Web site at: http://ansci.cornell.edu/prodairy/dairy_acceleration/.

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

4-H Leader Training/New Year Kick Off!!!

September 21, 2013

10:00AM - 11:00AM - New leaders

11:00AM - 11:30AM - Returning Leaders

South Conference Room @ County Office Building.

Fall fundraising information!

We ask that one member from each club please attend. We will review the leader handbook and provide updates and information on new programs!

September 7

Buffalo and WNY Poultry Club Show, Steuben
County Fairgrounds

September 8



Steuben County Twin Tier Poultry Club Show,
Steuben County Fairgrounds

Forms Are Due Sept 9

Be sure to check to website on the [forms page](#). Project completion forms and project champion nominations from leaders are due to the CCE office on September 9. This includes junior activity and senior summary reports, 4-H Project records, 4-H On Display and Community Service Reports and Club 4-H Presentation forms.

September 17

Twin Tier Poultry Club Auction, Steuben County Fairgrounds

September 20-22

Caprine Outing, 3-day workshop series for goat enthusiasts at Camp Owahta, Solon, NY in Cortland County.

Plenty of activities and performances planned for outdoor show...

A 3-D Archery Competition is coming to this year's **Southern Tier Outdoor Show**, scheduled for October 12-13 at Wilkins RV in Bath. Miles Mountain 3D Archery will present a 3D stationary target shoot for hunter's class with great prizes! Bring your bow to the show and compete! \$10 for adults and \$8 for youth. Watch the website for prize details!



And don't forget to bring your shotgun to the show as well. The Youth Hunter Education Challenge (YHEC) group from the Chemung County 4-H Shooting Sports Program, will offer a clay target shoot to show visitors. Louie's Gun Shop will offer 12 and 20-gauge ammo for sale on site, and the YHEC



teens will perform demonstrations.

Check out the listing of professional seminars planned for this year's show on our website. Craig Stephens of Finger Lakes Food Plots, one of our speakers, recently

promoted the show on WETM's Community Focus along with Brenda Pipe of BSH Archery who reminded the audience that the **Outdoor Channel's Byron Ferguson** will be at the Bath Show this year! Signups are going fast for the exclusive clinic Ferguson will hold for just 20 archers on Saturday and another 20 on Sunday. Sign up for you one-on-one time with the master at <http://bit.ly/112CHTp>. Jim Beverly who leads the

Companion Retriever Hunting Challenge at the show, will now be on WETM's Community Focus on Sunday, September 8 with his dog, Zeus and his new 9-week-old puppy. Be sure to watch!

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.

And join us on Facebook at [facebook.com/southerntieroutdoorshow](https://www.facebook.com/southerntieroutdoorshow) for the latest updates!



What's Going On Around the Community...

Woodlot Thinning Workshop - Saturday, October 26th from 9 a.m. to noon.

Woodlots are often overstocked with too many trees and should be "weeded" much like a garden to promote the growth and health of the best individuals. Harvested trees can be utilized for firewood, lumber or other timber products. This hands-on workshop will guide woodland owners through the principals of two thinning methods, and discuss how to select the "best" trees based on management objectives. Sponsored by the Southern Finger Lakes Chapter of the NY Forest Owners Association. Free and open to the public. Rain or shine so please dress for the weather! Meet at the property at 434 West Groton Rd; Groton, NY. For more information, please contact Brett Chedzoy of Schuyler CCE at: 607-535-7161, or by email at: bjc226@cornell.edu.

6th Annual American Cancer Society Benefit - Fun for the Whole Family!

What: Benefit Trail Ride, Hike and Euchre Tournament Rain or Shine

When: Saturday, September 7, 2013

Where: Jack and Betty Bossard's 6910 Burt Hill Road, Canisteo, NY 14823

GPS address is 6879 South Woods Road, Hornell, NY 14843

Why: Cancer Awareness/Thyroid Cancer Awareness Month

Registration: No pre-registration required. Donations will be taken starting at 8:30 a.m. for all riders and hikers

Hikers and Riders depart between 9 and 10 a.m. after signing a waiver to participate

Pig Roast and Dish to pass lunch at Noon; bring your own chair and dish to pass and your beverage

Chinese Auction: starting at 1:30 donations from area businesses and families will make for a large Chinese auction of various interests. Tickets will be for sale all day by the arm length.

Trail Ride: Bring your horse. Plenty of parking for trucks and trailers; water available for

horses. Marked trail ride through the woods; waiver must be signed to participate.

Family Fun Hike: Fun for the whole family. When participants sign their waiver they will be directed to the course and given a map; please note there will be no times kept; some sections are suitable for running but not the entire hike; strollers can be pushed on all sections except the Finger Lakes Trail through the woods, you could park your stroller at the exit of the trail and use it for the rest of the hike; the course will be marked and have a few places to refill your water bottles.

Euchre Tournament: starting at 10 a.m. - ? donation to enter individually or as a team

Any questions contact Jack Bossard at 607-329-0181 or Betty Bossard at 607-329-2299

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

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.

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 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 Red Cross is offering Babysitter's Training at:

24 Maple Street, Hornell
Saturday, September 14; 9:00 - 3:30
Materials are provided; please bring lunch.

This class is supported by a generous grant from the United Way of the Southern Tier.
Regular fee: \$85; fee to students in Steuben County: \$25. Advance registration is required.

Visit www.redcross.org or call 1-800-733-2767 (1-800-RedCross) for details and to register for a class. To receive the United Way discount use the coupon code STEUBENBST0614.

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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