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## Cornell University Cooperative Extension Steuben County



### E-News Cornell Cooperative Extension of Steuben County

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#### Cornell Hops Conference set for December 7...

The Cornell Hops Conference and NeHA Annual Meeting will be held Saturday, December 7, 2013 from 8:00 a.m. to 5:00 p.m. at Morrisville State College.

This is a great networking opportunity to meet with brewers, educators, growers, and prospective growers. Registration includes lunch and trade show (25 vendors). Seating is limited so register at the following link before November 25: [Register here.](#)



The conference will contain one full day session of hop related topics and there will be two additional separate tracks: 1. Growing hops for beginners and 2. Brewing.

More information on speakers, topics, pricing and hotel accommodations can be found on the [CCE Website](#).

## How Profitable is Your Livestock Operation?

**How Profitable is Your Livestock Operation?** will be presented **Monday, November 25th** from **6:00 to 8:00 p.m.** at the Bath Civil Defense Center; 7220 State Route 54; Bath, NY.



Profitability is the key to enjoying and sustaining any farm business. Many farmers raise livestock, but relatively few know if their operations - or which part of their operations - are truly profitable. Associate Professor Greg Halich will show how to identify "profit centers" and evaluate their feasibility in order to eliminate or improve unprofitable activities.

Greg will also discuss how information on profitability and cost of production can be used to set prices and determine which marketing options may work best for the farm. Greg is an Ag Economist with the University of Kentucky Extension, and grazes beef cattle in both Kentucky and New York. Light refreshments will be served.

Please contact Kerri Bartlett with questions at: 607-664-2311, or by email: [ksb29@cornell.edu](mailto:ksb29@cornell.edu). This event is sponsored by the Tri-County Graziers, with support from Cornell Cooperative Extension of Steuben and Schuyler Counties, the Upper Susquehanna Coalition, and the NYS NRCS Grazing Lands Conservation Initiative.

## Let's Talk Turkey about your food!

November is a time for sharing and giving thanks. As we pass dishes with friends and family it's important to keep in mind food safety. Properly serving and storing leftovers is

an important step in preventing food-borne illnesses. Keep these tips in mind to keep food tasty and safe.

#### When Serving Food:

- Keep hot foods hot. 140° F or above.
- Keep cold foods cold. 40° F or below.
- Throw out anything that's been at room temperature for 2 or more hours.
- Have serving spoons in each item- this stops foods from being "cross-contaminated" or having the bacteria from one food spread to another.
- 



#### When Storing Leftovers:

- Store leftover food immediately. The longer food sits out the more bacteria can grow on it.
- Make sure refrigerators and freezers are at the proper temperature. Refrigerators should be below 40°F and freezers should be kept at 0°F. This prevents bacteria from growing.
- Keep your refrigerator and freezer clean. Old spills or spoiled foods can cause bacteria to grow.
- Keep all food in containers or cover trays with tin foil or plastic wrap.
- Raw meats should be kept separate from other foods. In general keep raw food and cooked food separate.

For more details on food safety and the holidays, [visit our webpage here.](#)

### Free Workshop on Long Term Care Planning - coming Dec. 9th

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 1:00-3:00 p.m. on Monday, December 9, 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](http://PutKnowledgeToWork.com).

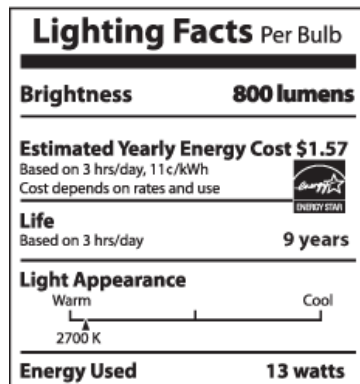
### Webinar highlights new technologies for residential lighting

Times are changing for the way you light your home. Incandescent bulbs are being phased out, and you no longer shop for watts, but instead for lumens. How are you going to make sense of all these changes and make the right choices?

Cornell University's Energy Team and the New York State Consumer Education Program for Residential Energy Efficiency (CEPREE) recently sponsored a webinar focusing on recent changes in lighting technologies/products and on the LED lighting products for the residential market. The webinar, **Residential Lighting: New Technologies and Efficiencies**, can be viewed [by clicking on this link](#).

The webinar included three presentations and time for questions and discussion.

- Residential Lighting Basics was presented by Mark Pierce of Cornell's Dept. of Design & Environmental Analysis. Mark provided a



review of basic lighting terminology and terms along with up-dated statistics describing national and N.Y. State electricity consumption patterns for lighting in the residential and commercial sector.

- Light Emitting Diodes for the Residential Market was presented by NYSERDA's Ryan Moore. This presentation focused on what LED lighting products for the residential market we might expect from lighting manufacturers in the next few years. Ryan's presentation also provided information on what improvements to efficacy levels we can expect from LED lighting in the next few years along with information on when pricing is expected to drop significantly for LED lighting products.
- NYSERDA's Lighting Change-out Program for Non-Profits and Small Businesses.

### Stephanie's Picks...

1. Finish planting spring bulbs by the early part of November.



2. Once strawberry plants lay flat cover them with straw mulch to overwinter.

3. Fall is the best time to fertilize lawns. Applications can be made up until the ground freezes or is snow covered.

4. Rake or mulch leaves before winter. A heavy mat of leaves can cause problems for grass growth the next spring.

5. Learn how to care for all your Holiday plants here

<http://extension.psu.edu/plants/gardening/fact-sheets/houseplants/care-of-holiday-plants>

### Steuben 4-H Program hosts Equine Tack Auction November 23...

The Cornell Cooperative Extension 4-H program will host a JP's North Equine Tack & Supply Auction on Saturday, November 23, 2013 at the Civil Defense Center, Route 54N in Bath.

Blankets, sheets, saddles, saddle pads, girths, bits, brushes, tools, boots, buckets, hardware, etc.!! Everything is BRAND NEW! Guarantee to sell at least one of everything REGARDLESS of price! Time to start thinking of the Holiday Season! Call us if there's something specific loaded on the trailer to be brought.





There will be 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.putkknowledgetowork.com](http://www.putkknowledgetowork.com).

### Festive Greens Class - December 7

The Cornell Cooperative Extension Horticulture Department is offering a **Festive Greens** workshop on **Saturday, December 7** from **9:00 a.m. to 12:30 p.m.** at the CCE Office Learning Center.



Classes to be offered are:

1. 9:00 a.m. **Centerpieces** \$20
2. 10:15 a.m. **Boxwood Trees** \$20
3. 11:30 a.m. **Wreath Making** \$20

If registering for all three sessions, the cost is \$50. There is a maximum class size of 15 participants for each class. Registrations must be made by December 2 by calling 607-664-2300.

### Good Agricultural Practices (GAPS) workshops planned....

The dates for the GAPS 2013-2014 Workshops have been announced. There are four planned, two-day **Good Agricultural Practices (GAPS)** workshops scheduled for this winter and spring.

**December 10 & 11, 2013:**

Location: Genesee County-The Fire Training

Center in Batavia  
Time: 8:30 am-3 pm both days

**December 18 & 19, 2013:**

Location: Wayne County, CCE-Wayne in Newark

Time: 8:30 am-3 pm both days

**January 6 & 7, 2014:**

Location: Ontario County, CCE-Ontario in Canandaigua

Time: 8:30 am-3 pm both days

**February 27 & 28, 2014:**

Location: Steuben County, TBA Bath

Time: 8:30 am-3 pm both days



For more information and updates: Registration info will be up approximately 4-6 weeks before the workshops. For more info, contact Craig Kahlke at [cjk37@cornell.edu](mailto:cjk37@cornell.edu) or (585) 735-5448.

## Upcoming Agriculture Programs...

**November 2nd - BQA in a Day**

Fleur-de-lis Farm at 2497 Canoga Rd, Seneca Falls

9:30am - 2:00pm

Beef Quality Assurance (BQA) is a national program that provides training to beef cattle producers in food safety, proper cattle handling techniques, handling of animal health products, injection sites, and record keeping. The goal of this program is to maximize consumer confidence and acceptance of beef by focusing the producer's attention to daily production practices that influence the safety, wholesomeness, and quality of beef and beef products. Many beef cattle buyers, feeders, packers, and retail outlets are requiring that the beef they purchase be produced by BQA certified cattle



producers. Also, most "added value" sale opportunities for feeder and stocker cattle require BQA certification.

By attending, a beef producer will be level 1 certified. By having a signed Veterinarian Client/Patient Relationship (VCPR) form, a producer is certified at level 2.

Cost for the training is \$25 which includes a BQA manual and lunch; additional family/farm members are \$15 (this includes lunch, but not the BQA manual). Registration is required. Space is limited so register early! To register, call Seneca County Cornell Cooperative Extension (315) 539-9251 or email Derek Simmonds at [dcs285@cornell.edu](mailto:dcs285@cornell.edu).

#### **November 6 - Cornell Potato Breeding Line Show & Tell.**

11:30 a.m.-3 p.m. Plant Breeding Field House, Caldwell Rd, Cornell, Ithaca. Cornell potato breeder Walter De Jong has scheduled his very popular discussion on the best breeding lines coming out of the Cornell Potato Breeding Project. An annual report is provided documenting yield, tuber quality and important horticultural characteristics. Small quantities of seed of the most promising lines have been grown on farms across the state. All fresh market and processing potato growers are invited. Grower and processor comments on the newer lines are invited, whether you plan to attend or not. To help plan for lunch, please pre-register by contacting Walter De Jong at: [wsd2@cornell.edu](mailto:wsd2@cornell.edu) or 607-254-5384; Don Halseth at: [deh3@cornell.edu](mailto:deh3@cornell.edu) or 607-255-5460; or, Carol MacNeil at [crm6@cornell.edu](mailto:crm6@cornell.edu) or 585-394-3977 x406. Directions: From Rt. 366 east of Ithaca, on the east side of campus, turn left/north onto Caldwell Rd. Then turn right to park at the Love Plant Breeding Field House. When you enter ask for a parking permit to put in your vehicle. A map is available at <http://www.cornell.edu/maps/>

#### **November 7 - Tomato School for Professional Growers**

Jordan Hall, NYSAES - Geneva, NY

8:00am - 4:45pm



Designed for tomato growers of all experience levels and farm management systems, this school will begin with basic aspects of tomato production and move to advanced topics. Attendees will learn how to improve their tomato production by developing a better understanding of biological concepts related to pest, disease, nutrition, and cultural management.

4.75 DEC credits and 5.5 CCA CEU credits are available.

Pre-registration by October 31 is required as space is limited. The registration fee is \$50 for enrollees of the Cornell Vegetable Program and \$60 for non-enrollees.

To register or view a full agenda, visit <http://cyp.cce.cornell.edu/event.php?id=97> or contact Angela Parr at 585-394-3977 x426.

### **November 8 - Squash School for Professional Growers**

CCE of Monroe County - Rochester, NY

8:30am - 4:30pm

The Squash School will cover both winter and summer squash production for large and small growers. There will be a heavier focus on winter squash and pumpkin production. Biological concepts underlying production challenges and cultural and chemical control options will be discussed.

4.25 DEC credits and 4.5 CCA CEU credits are available.

Pre-registration by October 31 is required as space is limited. The registration fee is \$40 for enrollees of the Cornell Vegetable Program and \$50 for non-enrollees.

To register or view a full agenda, visit <http://cyp.cce.cornell.edu/event.php?id=98> or contact Angela Parr at 585-394-3977 x426.

### **December 4-5, 2013 - Calf Congress 2013 - "Growing the Next Generation"**

RIT Inn & Conference Center outside of Rochester, NY. This conference will differ from the previous two PRO-DAIRY Calf Symposia as it will not be devoted solely to group calf housing and feeding systems. A variety of topics will be presented of interest to dairy producers and agriservice personnel alike. The focus will remain on the young dairy replacement heifer. The format includes an evening reception, dinner, presentation and panel discussion followed by a full day of speakers ending up with a moderated panel discussion.

## **4-H News**

### **Achievement Night is Saturday, November 2nd!**

All 4-H members, leaders, and parents are cordially invited to attend the 2013 4-H Awards Program on Saturday, Nov. 2, 2013 at the Avoca Central School Auditorium, 23 Oliver St.,

Avoca, NY.

Social Time with the distribution of County Fair premium money will be from 6:30-7:00 p.m. The awards ceremony will follow at 7:00 p.m. Reminder: There will not be refreshments this year. Each club is asked to bring a wrapped gift to be used as a door prize which we will be selling tickets for at the event.

**Upcoming 4-H Events** Check out the website for details on the following events:

November 9 - [Fall Public Presentations](#)

January 18-Feb 22 [Sewing With Grace](#)

#### **4-H Tractor and Machinery Operation Certification Program To Be Offered**

Youth who will be 14 and over as of March 1, 2014 can take the course for certification. Participants who want to earn their certification must pass both the written exam and the driving test. The cost for this course is \$15 for 4-H members to cover the cost of materials and is payable to CCE-Steuben by

Monday, January 6, 2014. Registration form, Tractor Acknowledgement of Risk Form and CCE permission forms are required and can be found on the [CCE 4-H forms page](#). Details on the dates of the course can be found on the [Tractor Page on the website](#).



#### **Farm Bureau Scholarship Entries Due November 18**

New York Farm Bureau is encouraging high school seniors who have been involved with agriculture and plan on continuing studies in this field to apply for the New York Farm Bureau Agricultural Youth Scholarship sponsored by the New York Farm Bureau Promotion and Education Committee. Scholarship awards are \$1,500 for first place, \$1,200 for second, and \$1,000 for third place. The first place winner will be invited to present their essay at a NYFB Spring event.

Students applying must have a family Farm Bureau membership or a Student Farm Bureau membership (a membership application may be included with scholarship enclosures). Students are required to submit a brief essay answering the question, "If you had the power to change something in your community or on your farm, what would you change and why?"

Further details are available [on the 4-H Scholarship Page](#). The application submission deadline is November 18, 2013. To nominate someone for the scholarship or to request an application, call 1-800-342-4143 or visit <http://www.nyfb.org> and then scroll down to "Farm Essentials" for scholarship information and the application.

### **Committee Cookbook**

The Steuben County 4-H & FFA Livestock Sale committee is putting together a cookbook to sell to help raise money for the show/sale building being built at the Steuben County Fairgrounds in Bath. We are asking you and your family (mom, dad, grandma, grandpa, aunts, uncles, etc.) to send in your favorite recipes to be put in the cookbook. We are looking for recipes in categories of Appetizers & Beverages, Soups & Salads, Vegetables & Side Dishes, Main Dishes, Breads & Rolls, Desserts, Cookies & Candy, and Miscellaneous. In the main dishes category, we are especially looking for recipes for Chicken, Turkey, Duck, Rabbit, Goat, Lamb, Pork and Beef. You can submit as many recipes as you want, but the committee will have final selection of the recipes used. Please send your recipes to Vicky Dockstader 7201 Harris Hill Rd, Bath, NY 14810, or email them to [dvfarms1990@yahoo.com](mailto:dvfarms1990@yahoo.com). Please put your name and town and if applicable the 4-H or FFA club you are associated with on the recipes so that we can give credit to you in the cookbook. We will let you know when these cookbooks will be available for purchasing. Recipes are to be submitted by Monday, January 6, 2014. If you have any questions please call Vicky at 607-566-2886 or email her at [dvfarms1990@yahoo.com](mailto:dvfarms1990@yahoo.com).

### **What's Going On Around the Community...**

#### **Corning Winter Farmer's Market is back!**

Opening day for the Winter Market is this Saturday Nov. 2 from 11-3!! Find many of your favorite vendors back inside the Information Center on Market Street!

#### **Upcoming at CCE-Tompkins:**

1. **Learn to Burn: the Heating with Wood Workshop** Thursday, November 21, 6:00-8:00pm
2. **Primitive Pursuits School Break Days**
3. **Rethinking Thanksgiving** with Perry Ground, Thursday, November 14, 6:30-8:00pm, at The History Center, 401 E. State St. Ithaca. This FREE presentation by Perry Ground, Turtle Clan member of the Onondaga Nation, will give an overview of the history of this very misunderstood holiday.
4. **Fall Worm Composting Class**, Saturday, November 9, 10:00am-12:00pm at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY
5. **Pick a Durable Tree for Your Site**, Mon. Nov. 4, 6:30-8:30 pm. "The

right plant for your site" is our mantra! Learn how to analyze your site and its challenges, and find out which trees will thrive there. Pick a Durable Tree for Your Site will be held Mon. Nov. 4, 6:30-8:30 pm at the Tompkins County Cornell Cooperative Extension Education Center

### **Remember the 2-1-1 Helpline during the holidays**

As the holidays near, there are many local organizations in need of holiday donations. Without the assistance of volunteers and donors, these programs would not be able to help. 2-1-1 HELPLINE provides referrals for volunteers, donors and those in need. 2-1-1 HELPLINE is a service of the Institute for Human Services.

"The needs are greater than ever, but we know there are a lot of people in our community who will help others this year," said Carol Wood, director of 2-1-1 HELPLINE. There are many agencies offering special programs for the holidays including adopt-a-family programs and volunteer opportunities to wrap and distribute presents.

At this link you will find opportunities for Allegany, Chemung, Schuyler, Steuben, and Yates Counties.

<http://origin.library.constantcontact.com/download/get/file/1102180028930-374/HOLIDAY+CARING+2013.pdf>

Your help is needed now! More information is available by calling 2-1-1 or visiting the 2-1-1 HELPLINE website. To make a connection in your community or if you need assistance, simply dial 2-1-1 or 1-800-346-2211, or visit 211helpline.org and click on Give Help. To learn more about specific holiday caring needs, click the Holiday Assistance button on the website.

### **Girls on the Run: Cupcake Trot- The Sweetest Run in Town**

Date: Sunday, November 17th

Where: Campbell Savona Jr/Sr High School, Campbell

Time: 11 AM - Festivities, Registration & Bib Pick Up

Run/Walk Begins at 11:30 AM

Cost: \$10/individual, \$30 for families

We are so excited for our upcoming Girls on Track 5k Celebration at Campbell Savona Jr/Senior High School. The girls have titled this season's 5k the Cupcake Trot and the celebration will include cupcake decorating, face painting, hair styling, dancing, and more! The event is open to the whole community and we would love to see GOTR alumni, past coaches/volunteers, future GOTR

Girls and any community members interested in attending join us for a fun filled celebration of the girls as they complete the very first season of Girls on Track. We hope to see you there! [Register Here.](#)

\*Bobby K DJ \* Cupcake Decorating at the Finish Line \* Airbrush Temporary Body Art \* \* Happy Hair Station \* Healthy Snack Shack \*

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**Carla Dawejko**  
**Public Affairs Coordinator**  
**Cornell Cooperative Extension of Steuben County**

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