New farmer’s markets opening across the county

In June, Heron Hill Winery in Hammondsport introduced a farmers market on Wednesdays from 4:00-7:00 p.m. to dovetail with the winery’s Blue Heron Café’s happy hour from 5:00-7:00 p.m. that features live music on the terrace. Market visitors can find heirloom vegetable plants, locally raised pork, chicken and beef, honey, a large variety of greens, cut flower bouquets and much more.

Another new Farmers’ Market is scheduled to open Aug 2nd. The Painted Post Farmers’ Market will be held Saturdays from 10:00 a.m.-2:00 p.m. at the Painted Post Depot Museum, 277 Steuben Street, Painted Post. It will feature local honey, vegetables, greens, granola, baked goods, jams, and jelly.

CCE-Steuben worked closely with both market managers to develop a successful market plan and to develop rules and regulations as well as vendor recruitment for their markets.

Annual clothing revue teaches numerous life skills

“Sewing Masquerade” was theme of the Steuben County 4-H Clothing Revue held in May at the Avoca Central School. Colorful masks decorated the stage and each senior member had a specially crafted mask to use while modelling. Learning to sew is a lifetime skill that teaches self esteem, goal setting, decision making, and public presentation for both females and males. Senior members whose garments meet the standard criteria are chosen to go on to the New York State Fair, where they present in a state level clothing revue and perform as mannequin models.

Chosen to represent Steuben County at the New York State Fair in 2014 are: Gabriel Barone, Jessica Curry, Raven Foote, Molly Fox, Kate Matthews, Katie McAllister, Caleb Miller, Karli Mulford, Kacey Scheib, Brad Sick, Samantha Towner, Alyx Uhl.

Annual clothing revue teaches numerous life skills

“Sewing Masquerade” was theme of the Steuben County 4-H Clothing Revue held in May at the Avoca Central School. Colorful masks decorated the stage and each senior member had a specially crafted mask to use while modelling. Learning to sew is a lifetime skill that teaches self esteem, goal setting, decision making, and public presentation for both females and males. Senior members whose garments meet the standard criteria are chosen to go on to the New York State Fair, where they present in a state level clothing revue and perform as mannequin models.

Chosen to represent Steuben County at the New York State Fair in 2014 are: Gabriel Barone, Jessica Curry, Raven Foote, Molly Fox, Kate Matthews, Katie McAllister, Caleb Miller, Karli Mulford, Kacey Scheib, Brad Sick, Samantha Towner, Alyx Uhl.
Learning to eat healthy on a budget

Eat Smart New York nutrition educators are conducting a new class, Cooking Matters at the Store, in local grocery stores in Steuben County, to help families who are on a limited budget sharpen their shopping skills.

These families report that the cost of healthy groceries is the main barrier to making healthy meals at home. Since skills like smart shopping can help overcome that barrier, this 90-minute tour focuses on four key food shopping skills that will help stretch those food dollars: 1.) Reading food labels to choose foods that are higher in fiber, vitamin A and C, calcium, and iron and lower in sugar, salt and fat, 2.) Using the shelf tag to compare the unit price of different brands, 3.) Locating whole grain foods by using the ingredient list on food labels, and 4.) Identifying three ways of purchasing fruits and veggies to get the best price for the season.

Following the Cooking Matters at the Store tour, each participant is challenged to “Take the $10 Challenge”, an activity where participants use the skills they’ve just learned to buy a healthy meal for a family of four or purchase healthy foods from each of the MyPlate groups, using only $10. The group then meets to compare what each person purchased. Participants take home a booklet with recipes and shopping tips, a reusable grocery bag, and $10 worth of healthy groceries.

Cooking Matters at the Store is a free program of the No Kid Hungry campaign from Share Our Strength that empowers families to stretch their food budgets so their children get healthy meals at home.

Soybean production rises; CCE educates

Soybeans have become a major field crop in Steuben County; the number of farmers raising soybeans and acres planted continues to increase. Twenty years ago only about 40,000 acres of soybeans were grown in NYS, now more than 300,000 acres are planted every year! It is the 6th leading ag commodity in NY, valued at over $200 million.

Cornell Cooperative Extension hosted a Soybean Field Day in July at the Robert Palmer Farm in Hornell. Keith Waldron, Livestock and Field Crops IPM Coordinator, discussed common soybean pest, disease thresholds, and IPM practices. In addition there were in-field scouting demonstrations and pest & disease identification.
Improving high tunnel quality is goal of CCE-Steuben grant

During the second year of CCE-Steuben’s High Tunnel Grant we are continuing to follow three farms and providing production suggestions and aiding in pest management. The goal is to improve quality and increase production of the high tunnel crops through the many changes that have been made on these farms.

Some issues that have been addressed include soil compaction and drainage, ventilation, irrigation, fertilization, variety selection, pruning and trellising. Growers are noticing an improvement in production this season from last. We are addressing new issues as they arise. Through this grant our efforts also focus on professional development for extension educators and producing high tunnel best management practice fact sheets. The professional development meeting this summer in Penn Yan included a tour of local high tunnels, Cornell High Tunnel research, and the local Produce Auction. It helped educators work with high tunnel growers more effectively. The first of the best management factsheets was produced and reviewed at that meeting with more becoming available soon.

CCE-Steuben shares healthy eating tips

CCE-Steuben Nutrition educators are once again joining the Bath Wednesday Farmer’s Market a couple times each month to incorporate their healthy eating lessons with their recipe for the day using local food currently in season.

Jon Sterlace uses the monthly lesson topics to help the market audience learn more about how to shop for healthy foods and how to decrease the consumption of sweetened beverages. Jon is working with a volunteer this summer who recently graduated from Mansfield University, Geetha Sezhan. She assists at the market to gain experience learning more about how to shop for healthy foods and how to decrease the consumption of sweetened beverages.

Steuben County Dairy Princess promotes benefits of dairy

Paige Demun, the 16 year old daughter of Keith and Lisa Demun of Troupsburg, NY was named the 2014-2015 Steuben County Dairy Princess. Paige attends Jasper-Troupsburg Jr/Sr High School.

The Dairy Princess’ court includes: Morgan Pierce is the 16 year old daughter of Mitzi Pierce-Loseig and Terry Pierce. Haley Grace, 16 of Addison NY is the daughter of Jerry and Marybeth Grace. Megan Ross is the 12 year old daughter of Gordon and Jennifer Ross of Troupsburg, NY. Sara Stierly is the 10 year old daughter of John and Christine Stierly of Tuscarora. Emily McCaig is the daughter of Joe and Tracey McCaig from Jasper, NY. Brynn Scholl is the 9 year old daughter of Amanda and Andy Lewis and Brian Scholl.

Visit our website for more details and for a link to Paige’s recent interview on WVIN.
**Steuben 4-H’ers connect with government and explore careers**

Steuben County 4-H member Raven Foote was selected as one of four New York State 4-H delegates to the National 4-H Conference held in Maryland in April. The main focus of the conference, attended by teens from across the country, is civic engagement, civic education, and personal development.

Each delegate received a roundtable topic which they researched ahead of the trip. Raven’s topic was the school to prison pipe line, which she presented with her group to the Office of Juvenile Justice and Delinquency Prevention in the U.S. Department of Justice.

Congressman Tom Reed gave the New York State delegates a personal tour of the capital. “The trip was a fantastic experience and was a great way for me to be able to express ideas and figure out ways to solve a problem which is what I hope to someday do as a lawyer and a politician,” Raven said.

Right: Steuben 4-Hers were exposed to academic fields and hands-on experiences at Career Explorations at Cornell University in July. In front are Joel Rosko, Ashlynn Bennett and Bethany Draper, all selected as Focus Assistants to provide leadership at the event.

Joel Rosko was selected by the 4-H Awards Committee, based on his Sr. Summary Report Form and his accomplishments in the 4-H Program, to attend the Citizenship Washington Focus (CWF) trip on July 6-12, 2014. His mother, Regena, served as his chaperone.

The week-long 4-H citizenship program takes place near Washington DC. Every summer, thousands of young people participate in the program, which provides opportunities for them to strengthen their citizenship skills, understand civic responsibilities, make friends with youth from diverse backgrounds, and experience hands-on learning.

Joel got a behind-the-scenes look at our nation’s capital and met with assistants from the offices of Senator Kirsten Gillibrand, Senator Charles Schumer, Representative Chris Gibson, and Representative Tom Reed.

Above left, Raven Foote. Above, Joel Rosko with Representative Tom Reed.

Joel Rosko was also one of seven recipients, out of 30 applicants, to receive the New York State 4-H Foundation’s 2014 Opportunity Scholarship. The award is a $2,000 scholarship for the 2014-2015 academic year.