ESNY team jumpstarts healthy employee habits

In celebrating this year’s National Nutrition Month, the CCE-Steuben nutrition team partnered with the Steuben County Wellness Committee to offer an Eat Smart New York Tasting Event for the employees in the Steuben County Office Building.

Over 100 employees turned out to sample healthy foods at five different stations, each based on the MyPlate categories of Fruit, Dairy/Protein, Whole Grain, and Vegetable. Each station offered samples of lesser known foods. The Fruit table offered pomegranate, papaya and starfruit. The Vegetable table prepared kale chips, jicama, garbanzo beans and spaghetti squash. Whole grains offered quinoa salad, and the dairy table provided Greek yogurt, hummus and tofu. Recipes were available for guests to take and use at home.

The event was a grand kick off to the spring Walking Program Challenge promoted by the Wellness Committee to help employees learn healthy habits. The program goes hand in hand with CCE-Steuben’s Healthy Snack Basket Program offering healthy snack foods for the work day to the building’s employees.

Find your farmer using the CCE online Meat Suite

Cornell Cooperative Extension has developed a new website designed to create an easy connection between consumers and farms that are selling locally raised meats.

The new Meat Suite website was created with grant funds from the Northeast Sustainable Agriculture Research and Education. The website covers six counties, with its main purpose serving to help consumers find locally produced, high quality meats in bulk. There are a variety of search options including searching by specific cut of meat. The website is free to local farmers for the first year and will be $25.00 each subsequent year.

Visit www.meatsuite.com and check out the diverse livestock products available.

Have a farm that sells meat? Add your farm to the Meat Suite website! Click the “add your farm” link on the home page or contact Kerri Bartlett at 607-664-2311 to sign up.
Local Food Fest rescheduled to Apr. 19

Cornell Cooperative Extension will be hosting their 5th Locally Grown Food Festival Friday, April 19 in Corning! This event features dozens of Finger Lakes farms and their products. Sample locally produced meats, vegetables, fruits, cheese, wines and much more! This year there is no admission charge so bring your family and friends for a fun evening out!

The event highlights the diverse agricultural products that are available in our region year-round. Even though most farmers’ markets are closed until summer, you can still find plenty of locally grown products for your family to enjoy!

The Locally-Grown Foods Festival takes place from 5:00 to 8:00 pm at Union Hall, 100 Civic Center Plaza, Corning. Admission is free. For more information contact us at 607-664-2300 or visit our website at www.putknowledgetowork.org.

Free training for family budget coaches begins

You can make a difference by becoming a Volunteer Family Budget Coach. Help someone learn how to change their life for the better. Teach them financial strategies to create balance and gain control.

CCE-Steuben will offer a FREE 9-hour training series on April 11, 18 and 25, 2013 from 6:00-9:00 p.m. in the South Conference Room of the Steuben County Office Building in Bath. Attendance is required at all sessions. What will you learn?

- Cash tracking
- Understanding Credit
- Goal Setting
- Building a spending plan
- How to look at a family’s unique situation

Financial volunteering is rewarding. It’s a great way to learn more yourself while helping others. It requires no experience or special skills – just a sincere desire to help others. For more information or to register call 607-664-2300.

Pruning techniques increase fruit tree production

Winter may be a time when it is quiet outside, but CCE Steuben remained busy with horticultural meetings. Once again CCE Steuben partnered with the Schuyler County Extension and Reisinger’s Apple Country in Watkins Glen to host the popular fruit tree pruning workshops. 80 people came out to learn pruning techniques on fruit trees, berries, and renovate older more mature apple trees to increase production.

Rick Reisinger, owner of Reisinger’s Apple Country, and others instructed the class on how to efficiently prune several different varieties of fruit and demonstrated grafting techniques. Attendees commented on the wealth of information that they learned and how beneficial the training was.

Steuben 4-H members visits the New York State capital

Joel Rosko from Campbell and a member of the Outsiders 4-H Club, recently returned from the state capital for the 78th Annual New York State 4-H Capital Days Program.

Joel said the program allowed him to communicate easily with the other 4-H members and adults from across the state. “Some of the life stories told were very catching.” One of the greatest highlights was talking about wrestling including the New York State Championship with Assemblyman Philip Palmesano.

Steuben financial program features professional partners

CCE Steuben Financial Educator Nancy Reigelsperger continues to partner with professionals around the county to offer financial strategies to help struggling families.

MetLife offers workshops on maximizing Social Security retirement benefits and understanding retirement healthcare expenses...including Medicare.

Corning Attorney Patrick Roth helps families develop a comprehensive estate plan which includes five critical estate planning documents. And Amy Irvine, CFP®, answers questions on the financial planning process.

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Creating Agriculture Awareness

RSVP volunteer readers, Diane Kay and Helen Puffer, CCE-Steuben Master Gardener, Betty Langendorfer, and CCE-Steuben staff read “The Beeman” to area elementary students in March to celebrate Agricultural Literacy Week in support of the New York Agriculture in the Classroom’s mission of fostering awareness, understanding, and appreciation of agriculture and the food and fiber system. Participating schools were Arkport; Canisteo-Greenwood; Campbell-Savona; Dundee; V.E.W. Primary School, Bath; Severn Elementary, Corning-Painted Post District; and Wayland-Cohocton.

Right: L-R Vivien Robarge and Koralee Dininny, 1st grade students from Mrs. Brott’s class and members of the Blue Ribbon Roundup 4-H Club, present “The Beeman,” donated by The Steuben County Farm Bureau, to Lindee Aharrah, Library Media Specialist.

Steuben again hosts the NYS 4-H Shooting Sports Invitational

The 4-H Shooting Sports Program is alive and well in Steuben County! The program now has certified six instructors in various shooting sports disciplines, enjoys the cooperation of two local rod and gun clubs, and serves dozens of youth participants. An advisory committee composed of certified instructors, youth participants serving as teen ambassadors for the program, and other volunteers was recently established with its initial meeting electing officers and adopting operating procedures.

Steuben County is honored to be hosting the New York 4-H Shooting Sports Invitational, beginning on April 26, for the second year in a row, hopefully as an annual tradition. To learn more about opportunities for youth participants and as adult volunteers in the program, contact our office at 664-2300.

Steuben 4-H members stand out across New York State

On March 2 Steuben County 4-H members participated in the Annual Finger Lakes District 4-H Dairy Cattle Quiz Bowl Contests. At right, L-R, Alicia Lawson—1st place novice individual; Ian Stewart 1st and Paige Demun 2nd senior individuals; and Jessica Lawson, 1st place junior individual.

Pictured left: Garret Brokaw, Loon Lake Raiders 4-H Club; Bethany Draper, Independent member; Lindsey Draper, Independent member; Jonathan Gritzmacher, 4 Clovers 4-H Club; and Jon Palmer, Howard Hillbillies 4-H Club who have all been selected as NYS 4-H Shooting Sports Teen Ambassadors. These 4-H members have also been trained as Junior Instructors in various disciplines.

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CCE-Steuben recently unveiled their new website. The new site gives a more contemporary look to our 95-year-old organization. The intent is to make it an easier process for the public to access information to improve their lives. 4-H members can now find forms for the various club programs all in one place. The site is also more easily accessed by mobile devices.

We invite you to browse through our site’s pages, and let us know what you think. We welcome suggestions and any instances where you discover problems.

The website for the Southern Tier Outdoor Show also has a new look for its seventh annual show! This year’s event is scheduled for October 12-13, 2013. With over 5,000 visitors last year, the show continues to grow each year. The featured show this fall will be the Wild World of Animals.

Check the new website for complete details! Exhibitor space and sponsor benefits are still available. Call 607-664-2313.

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CCE-Steuben trains on food safety and safe practices

Throughout the state produce safety is on the mind of many growers. Cornell Cooperative Extension and the Produce Safety Alliance provided a series of trainings for growers to learn about food safety and safe handling practices on the farm. CCE Steuben participated in many of these trainings throughout the winter months. GAPs (Good Agricultural Practices) is an important consideration for any produce operation. Extension educators provided information on how to efficiently write a food safety plan and discussed different options that growers can use to mitigate the risk on the farm.