E-News  Cornell Cooperative Extension of Steuben County
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Join Our Mailing List!

We're brewing up a recipe for fun!!!

You are invited to Cornell Cooperative Extension of Steuben County's annual Spring Gala to be held on Thursday, May 14, 2015 from 5:00-8:00 p.m. at the Steuben Brewing Company, 10286 Judson Road, in Hammondsport.

There were only two hops growers in New York State back in 2001 but today there is a vibrant revival in hops cultivation and growth of microbreweries with over 100 growers, 250 acres of hops and 150 breweries across the state. The growing brewing industry has expanded to an increased hops and barley production and a surging interest in education about the process.

Join us at a local farm brewery during Craft Beer Week. Get a behind the scenes look at the fermentation process. Learn about the importance of the quality of ingredients - the hops, the malt, the yeast and the water. These four ingredients can create so many styles and flavors of beer - see how the process changes for each one. Wrap up with the finishing process of blending, filtration, packaging, and storage.

Following your tour, you will get the chance to taste those differences in the tasting room. Wine tastings will also be
available. A souvenir beer glass will be yours to keep. And complete the evening with Wieners from the Wienery and hors d'oeuvres.

CCE-Steuben will provide several delightful auction items and announce their volunteers and business partners of the year. This entire fun evening is only $25 per person in advance ($35 at the door). Tickets can be reserved by calling 607-664-2300 or online at http://bit.ly/ccegala.

CCE-Steuben offers a tradition of cutting edge research in agriculture to promote a profitable, sustainable food supply that is safe, reliable and healthy. Spend the evening with us celebrating our partners, our achievements, and our staff and volunteers.

Hammondsport Farmers Market opening May 2nd!

The Hammondsport Farmers Market in the Walkway will be every Saturday morning from 9 a.m. to noon May through October in the Walkway adjacent to Keuka Artisan Bakery & Deli 49 Shethar Street Hammondsport, N.Y. 14840 in The Village of Hammondsport. Look for the vertical banner sign.

Participating vendors representing their own products include: Lucky Dog Farm, Crooked Line Farm, Oak & Osage Farm, Stierly Farm, Thunder Mountain/Peaceweavers, Slayton Family Poultry, Valerie's Schoolhouse Garden, Crow's Nest Artists, Heaven Scent Farm, Sharon's Flowers, Rogers Deadfall Furniture to name a few. We expect to add additional vendors during the year.

This market will offer vegetables, fruit, cheese, herbs, poultry, eggs, flowers, planters, metalsmith, woodwork and herbal remedies.

Think globally by buying locally and directly from these producers.

Summer Farmers' Market at the Bath VA Medical Center

The Bath VA Farmers' Market was so successful this winter, that they are planning a bi-weekly summer market on their front lawn! Join them beginning June 9 from 3:00-6:00 p.m. on the second and fourth Tuesdays of the month through October. There will be fresh fruits, vegetables, honey, baked goods, and much more. The public is welcome!
Win a great quilt on May 9th!

The Bath Trailblazers have donated a quilt that is going to be raffled off at the Twin Tier Poultry Auction as a fundraiser for the Rabbit Barn building repair project on the Steuben county Fairgrounds.

The quilt measures approximately 60 inches square. The winner will be drawn on May 9 at the Twin Tier Poultry Auction at the fairgrounds. Ticket donations are $1.00 each or $3.00 for five tickets. There is no need to be present to win.

Please contact the 4-H Office for tickets or more details! 607-664-2300.

Learn about the Probate Process from an attorney - popular workshop!

The loss of a loved one is always difficult. If you are named as the Executor of the decedent's estate, your legal duties compound the difficulty and could leave you feeling lost. If you want to know what needs to be done after the death of a loved one, join us in a free informational workshop called The Estate Administration Survival Guide: The Probate Process on Monday, May 18, 2015 from 1:00 - 3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. He will help you:

- Learn about various types of estate administration and when each is used.
- Discover the steps that occur in every estate administration.
- Learn the three "T's" of estate administration (Taxes, Time and Tolls).
- Discover what you can do now to make the process easier for your loved ones after
Have you done your job as a parent?

Maybe not. According to a new study from Caring.com, only 56% of parents have a will or living trust document - and of these people - only 40% have updated them in the last one to five years. This is unconscionable. If you're a parent, having a will is absolutely mandatory, because it's the only document that allows you to name guardians for minor children. Die without one and the rules of your state will govern what happens to both your belongings and your children.

How often should you update a will? It depends. Big changes in your life - like having another child, getting a divorce, getting a significant bump in your salary, receiving an inheritance, or the death of an executor - all call for revisiting your will. Even if nothing major has happened, I say revisit our will every three years.

The research highlighted something else that's potentially dangerous. Not having the conversation about your will with your family. About one-third of parents don't have estate documents in place and 16% of adult children are unsure if their parents do. But even when parents have estate documents, adult children are largely uninformed about them. Over half of adult children (52%) don't know where their parents store their estate documents, and even more (58%) don't know the contents of them. If you never have the conversation, then surviving family members will be left not knowing what to do or how to act.

Cornell Cooperative Extension of Steuben County Financial Educator Nancy Reigelsperger is offering some help in this department. She has partnered with Corning Attorney Patrick Roth to offer some FREE workshops to help start these conversations.

Read below for a couple of those workshops coming up soon.....

Do you have the Five Critical Estate Planning Documents?

...and five more you may want to consider?

Is your estate plan a comprehensive estate plan which includes all of the five critical documents? Do you know what could happen if you don't have one or more of these documents in place? Cornell Cooperative Extension of Steuben County is offering a free workshop to answer these questions, Five Critical Estate Planning Documents ...and five more you may want to consider on two upcoming dates:

- **Wednesday, May 27** from 1:00 - 3:00 p.m. at the Wayland Library, 101 West Naples St., Wayland NY.
- **Wednesday, June 24** from 1:00 - 3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning, NY.

For more information on this and related topics, visit [www.putknowledgetowork.org](http://www.putknowledgetowork.org).
Patrick Roth, Elder Law Attorney, CPA from Corning, will lead both workshops and discuss such topics as:

- What can happen if you never get around to completing your plan?
- What do each of these documents do and what happens if you don't have them.
- Learn how to prevent disaster from striking you and your loved ones.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

**What's the difference between wills and trusts?**

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called Wills versus Trusts on Friday, June 5, 2015 from 1:00 - 3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. He will present such information as:

- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

**Eat Smart New York!!!**

Steuben County is part of the new regional Finger Lakes Eat Smart NY effort to provide community-based nutrition education and obesity prevention programming across 11 counties in the Finger Lakes. The goal of Finger Lakes Eat Smart NY is to help people eligible for SNAP (formerly food stamps) establish healthy eating habits and active lifestyles to reduce obesity and chronic disease.

ESNY is focused on increasing fruits and vegetables, decreasing consumption of sugar-sweetened beverages, and increasing physical activity in the Finger Lakes. In Steuben County, Educators Jon Sterlace and Justine Cobb are teaching workshops and doing cooking demos at food pantries, schools, community centers, farmers' markets and other locations serving low-income families throughout the county.

In addition to providing education, Eat Smart NY is working on policy, systems, and environmental change
to improve access to healthy foods. The ESNY team is collaborating with community & school gardens, school wellness committees, and partnering with farmers' markets to increase food stamp use at farmers' markets.

Check out Finger Lakes ESNY on Facebook! To schedule a class, collaborate with Eat Smart NY, or learn more, email llp36@cornell.edu or call 607-664-2300.

May Recipe: Lentil Sloppy Joes

Lentils are high in fiber and are a low-cost meat alternative. Here's an easy recipe to use lentils in place of beef in a comfort-food classic!

Prep Time: 10 minutes  Cook Time: 45 minutes  Total Time: 55 Minutes
Serves 8

Ingredients

- 1 cup lentils
- 3 cups water
- 1 tablespoon olive or canola oil
- 1 cup minced onion
- 1 carrot, finely chopped
- 1 bell pepper, finely chopped
- 1 tablespoon chili powder
- 1 cup canned tomatoes
- ¼ cup ketchup
- 2 tablespoons brown sugar or maple syrup
- 1 8 ounce can tomato paste
- 1 tablespoon Dijon mustard
- 1 tablespoons apple cider vinegar

Instructions

1. Rinse lentils thoroughly and add to a saucepan with water. Bring to a boil, reduce heat and simmer, covered, for 30-35 minutes until soft.
2. In a large saucepan or skillet, heat the oil over medium high heat. Add the onion, carrot and bell pepper and cook until soft. Stir in the chili powder, cooked lentils, and tomatoes.
3. In a separate bowl, whisk together ketchup, brown sugar, tomato paste, Dijon mustard, and apple cider vinegar.
4. Add to the lentil mixture and simmer until hot and thickened, about 10 minutes.
5. Serve and enjoy with whatever toppings you'd like!

The original recipe can be found here and more lentil recipes are available here!

Pick up your copy of the new Steuben County Farm Guide!
The newly updated Steuben County Farm Guide is out! It has a full list of u-pick farms, greenhouses, fruit & vegetable producers, meat and poultry producers, maple producers, honey producers, wineries, Christmas tree growers and other agricultural enterprises located within Steuben County.

In this edition the category that has grown the most is the brewery section. There are also eight new farms and two new Farmer's Markets. You can find your copy at the Cornell Cooperative Extension of Steuben County office, wineries, restaurants, libraries, hotels, motels, and chamber of commerce offices throughout the county.

You can also download a copy of the new Guide on our website.

Join the revival of the hops industry....

It's a hot topic these days with plenty of new farm breweries coming on the scene and more fields growing hops and barley. The Cornell Cooperative Extension of Steuben County is keeping up with the demand by supporting farmers and supplying information to keep the industry flourishing.

One way they are doing this is with a popular discussion group that meets on a regular basis. Details about these meetings, and details on how to get started can be found on a new webpage on our website called Hops & Barley Production. Keep an eye on this page in the future months for new information.

Looking for an Agriculture Community Educator...

CCE-Steuben is hiring!

Agriculture Community Educator - Steuben County

* Work with existing ag team to implement established local educational programs utilizing existing resources for general agriculture topics in Steuben County
* Plan & deliver educational ag programs primarily in the area of dairy production and field crop production.
* Respond to clientele's needs through various delivery methods (print, workshops,
* Assist with potential on-farm research opportunities

Bachelor of Science degree required.

Preferred degree/experience in dairy or livestock production, farm business management, and/or field crop production. Strong communication skills required.

40 hours/week. Excellent benefits, including vacation, sick, NYS retirement, etc. Apply online to: http://bit.ly/ageducator by Monday, May 18, 2015. For more information, contact: Renee Smith, rls476@cornell.edu.

**A new newsletter to help you stretch your dollars...**


Reigelsperger is also available to the public for group instruction on saving energy costs. Call her to find out more information at 607-664-2300.

**Catch the Buzz**

If you attended the CCE's Beginner Beekeeping class given by Cathy Halm of Leo's Honey House in January, then you are invited to a **part II beekeeping class** on Saturday **May 16th from 1 to 3pm**. This time attendants must have their own protective clothing because they will have a front row seat at an active honeybee colony as they learn more about hive inspections and manipulations, common problem solving and IPM techniques for disease control. This class will be held at the home apiary in Campbell.

Hundreds of thousands of live bees will be everywhere, flying and buzzing all around when Cathy opens one of her two-story hives for demonstration purposes. Students will also be instructed in the least disruptive ways to handle bees and hive parts. However attendants should be prepared to be stung as this is a real and normal possibility as it is with all bee yard activities. Anyone with known previous adverse reactions to honeybee
venom should make the instructor and sponsors aware of their situation. This class also includes a short tour of the honey extraction area and an overview of the honey harvesting process. Q & A will be available at the end of class to address specific questions or problems you may be having in your hive.

Space is limited. If you missed the first beginner's class, participation in this class may be offered if space allows. Rain or excessive cloudiness will cause the class to be postponed to a later date. This class will cost $25.00 per person. Register online at: https://secure.qgiv.com/for/cornellce/event/654294/

4-H News

Clothing Revue in May 1
4-H Clothing Revue will be held Friday, May 1, 2015 at the Avoca Central School beginning at 7:30 p.m. Everyone is Welcome!

For more information contact: Loree Symonds, 607-664-2300 or las65@cornell.edu

Dairy Clinic - Applications due May 1
Allegany, Monroe and Steuben Counties are pleased to announce they will be holding a 4-H Dairy Fitting and Showmanship Clinic Saturday, May 16 in Canisteo.

For details visit our website.

County Fair Schedule
Visit our website for the 2015 Fair Schedule on the 4-H Forms Page.

Paper Clover Fundraiser
Tractor Supply Spring Paper Clover Fundraiser continues through May 3. Customers at local Tractor Supply can support 4-H by purchasing paper clovers for $1. All funds raised will be donated to 4-H, 70% of funds go to state and county 4-H programs (60-65% to the county) and 30% to National 4-H Council.

Steuben County 4-H Livestock Advisory Committee Teen Representative
Applications are due on Monday, April 13, 2015 to CCE-Steuben, c/o Kim Randall, 3 East Pulteney Square, Bath, NY 14810, or at ksb3@cornell.edu or fax at 607-776-9103 for application and requirements, please visit our website.

The 4-H Livestock Advisory Committee will select up to 3 more teen applicants at their April 13, 2015 meeting to serve as a member of the 2014-2015 4-H Livestock Advisory Committee for the remaining of the 2014-2015 year. The 4-H Livestock Advisory Committee meets approximately 8 times a year (October, January, February, March, June, July, August, September) at the Steuben County Office Building in Bath on a Tuesday evening at 7 p.m. with the exception of the August meeting that is the Monday evening of the fair at the fairgrounds at 6 p.m.
Camp Scholarships
The Steuben County 4-H Program sponsors 4-H camp scholarships for Steuben County 4-H members who will be attending either Hidden Valley 4-H Camp in Watkins Glen at [http://cceschuyler.org/hidden-valley-4-h-camp](http://cceschuyler.org/hidden-valley-4-h-camp), 4-H Camp Bristol Hills, Canandaigua at [www.4-Hcampbristolhills.org](http://www.4-Hcampbristolhills.org), or Camp Wyomoco, in Varyburg at [www.campwyomo.com](http://www.campwyomo.com) this summer. Application can be downloaded here and is due May 18th. Please contact our office at 607-664-2300 for further information on 4-H Camp.

Upcoming Events

- **4-H Forestry Weekend - May 8-10**
- **Bark for Life - May 2**

For the following events, refer to the current Steubenite for further details:

- Steuben County Twin Tier Poultry Club Auction - May 9
- Fairbook Cover Contest - due June 1
- Career Explorations registration now open
- NYS Public Presentations and Horse Communications - May 16
- Steuben County Riding Clinic & Evaluation - May 23
- Qualifying Horse show in June has a pre-entry deadline of May 29
- Equine & Dairy 101 at Morrisville - June 5 & 6: Registration deadline is May 22
- Check our website soon for Roseland ticket information!
- You can download the current Steubenite here.

We're looking for a few good volunteers for the outdoor show...

We have taken into consideration all the feedback we have received from previous shows, and want to make our volunteer experience even better. So we are starting earlier and planning more training for the positions we need.

We welcome volunteers who can put in just a couple hours as well as those who want to spend the entire weekend with us. The list of volunteer spots we need to fill on October 9-11 can be found here. You can sign up for specific spots and specific hours right online, or you can contact us at 607-664-2300.

We are especially looking for some volunteer captains who can work with us to coordinate particular groups of volunteers. Once the show opens and the approximately 7,000 visitors start trickling in, we need to have an organized presence to manage all the work. We just have five months to coordinate all the activity and plan training for the volunteers, so that they are ready for duty in October!

I would love to hear from you on your interest in helping out this year in any of the above...
ways! You can email Carla at crd24@cornell.edu or call 607-664-2300. We look forward to hearing from you!

Save the dates of October 10 and 11 and plan to attend the Southern Tier Outdoor Show, coordinated by Cornell Cooperative Extension of Steuben County and hosted by Wilkins RV, Inc. of Bath. Keep on top of the latest information about the show at www.SouthernTierOutdoorShow.com and on Facebook at www.facebook.com/SouthernTierOutdoorShow.

What's Going On Around the Community...

The 59th Annual Steuben County Dairy Festival, sponsored by the Steuben County Pomona Grange will take place Saturday June 6, 2015 at the Steuben County Fairgrounds, Bath, New York. the 2015 theme is Dairyland History. For float details download this sheet.
Girls on the Run of the Southern Tier Seeks Volunteers for 5K Celebration
Running Buddies, Finishing Fairies, Superheroes of All Finishers - And More!

Girls on the Run of the Southern Tier, a community collaboration led by the Steuben Rural Health Network, an initiative of the Institute for Human Services, Inc., is currently seeking volunteers for the upcoming end-of-season 5K Celebration on Sunday, June 7th, at Campbell-Savona High School. This extraordinary event commemorates the completion of the Spring 2015 season and highlights that the finish line is just the beginning for all involved!

Volunteer positions available for the celebratory 5K include Running Buddies, Finishing Fairies, Superheroes of All Finishers, members for the Happy Hair, Cheering, & Hydration Stations, as well as general assistance throughout the event. If you are interested in any of the available positions, or would like to receive more information, please contact Girls on the Run of the Southern Tier at gotrst@ihsnet.org or 607-776-9467 ext. 226.

Learn more about Girls on the Run of the Southern Tier by visiting www.gotrst.com!
Paws & Pairings Gala May 29th

Finger Lakes SPCA (FLSPCA), serving Steuben County & the Finger Lakes Region, will be hosting the Paws & Pairings Gala at the Pleasant Valley Wine Company Visitor Center on Friday, May 29th, 2015 from 6:00-9:00 p.m.

This signature FLSPCA fundraising event offers various sponsorship opportunities and benefits for businesses and individuals. Contributions to the Paws & Pairings Gala will help the FLSPCA to provide care for homeless, neglected and abused companion animals and will support the continuation of vital humane programs in our community. Additionally, this year’s event will be extra special, as the FLSPCA will be recognizing members of our community who help to make our area kinder and safer for both animals and people.

The Paws & Pairings Gala will also feature Pleasant Valley wines and champagne and will be catered, providing a delicious array of foods. The night will also be made memorable by an extraordinary silent auction, raffles and live music. Guests will also hear a progress update on the status of the River's Edge Capital Campaign and the construction of our community’s new shelter.

We hope you will consider becoming a sponsor for this event. Please click on the following link to complete the sponsorship form http://www.fingerlakesspca.org/pdf/P-P-Sponsorship-Form-3-24-15.pdf and learn how your contribution will be featured in promotional materials and communications.

Thank you for considering a contribution that will help us to reduce and prevent animal suffering in Steuben County. If you have any questions or need more information, please visit www.fingerlakesspca.org or contact jeff@fingerlakesspca.org, 607-622-5363.

Moreover, we hope you will join us at the Paws & Pairings Gala which is sure to be an evening of excitement that you are not going to want to miss!

Business Planning Workshop

Wednesday, May 6, 2015  8:30-10:00 a.m. at the Business Development Center, 24 Denison Parkway West, Room 104, Corning, NY. There is no cost for this workshop but registrations are required by May 4.

This workshop is designed for the person who is thinking about starting their own small business or an existing business owner seeking financing. Topics discussed will be Federal and State legal requirements and how to write a business plan. There will be ample time for questions and answers.

For information or to register contact (607) 937-6861 or e-mail sbdc@corning-cc.edu

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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
607.664.2300

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