Preservation series ensures local food year-round

The first in a series of local food preservation workshops, *Freezing*, was held July 10 in Hammondsport. Kelley Elliott, CCE-Steuben Local Food Educator, coordinated the hands-on workshop and Nutrition Educator/Master Preserver Pat Lamphier taught the eleven participants from the Steuben and Chemung County area. After a lecture and video, Pat showed the group the proper way to blanch corn and spinach to stop enzyme growth, techniques to remove air from freezer bags full of shredded zucchini, diced green peppers, and sliced tomatoes, and how to make strawberry freezer jam with and without added sugar.

Whether fresh produce comes from privately owned gardens, farmers’ markets, CSA shares, or grocery stores, this local food preservation series intends to educate Steuben County residents on how to preserve local foods so they can be enjoyed year-round. Upcoming workshops will cover growing, preserving and cooking with herbs, pressure and hot water bath canning, preserving meat, jams and jellies, and pickling. Follow our website, Facebook page, and media releases for dates and times.

CCE supports the surging hops & barley industry

Cornell Cooperative Extension of Steuben and Schuyler Counties have been partnering to meet the needs of the growing brewing industry in the Finger Lakes region. They formed a hops discussion group in the spring to allow for networking and communication among the growers. The CCE team hosted a Hops Conference in late April with hops specialist Rob Sirrine, Michigan State University, presenting on many hops topics including cost of production, hop yard management, and food safety concerns. Speakers included Tim Weigle from NY State IPM and Chris Hanson from Climbing Bines Hop Farm. Over 80 growers attended the meeting from around the region.

To build on this momentum of the increasing hops and barley production across the state, CCE-Steuben planned their annual Gala during American Craft Beer Week at Steuben Brewing Company to help educate the public about the process. Guests received a tour of the new local brewery, beer tasting and a fun social evening.

July 30th CCE-Steuben is hosting a Hops twilight meeting at Crooked Creek Hops Farm in Addison to focus on hopyard design, trellising, and scouting with a hop harvester demonstration.

Left, annual volunteer recognitions went to Betty Langendorfer, shown with CCE Educator Stephanie Mehlenbacher. Anne & Phil Zschoche and Tractor Supply Co. of Bath, Hornell and Painted Post were also awarded.
CCE-Financial Budget Coaches learn strategies to motivate client behaviors

CCE-Steuben Financial Educator Nancy Reigelsperger recently held a training session for the CCE-Steuben Volunteer Financial Coaches. The webinar, entitled “Motivating Clients to Develop Positive Financial Behaviors” was delivered by Dr. Barbara O’Neill from Rutgers Cooperative Extension.

Reigelsperger said the session was eye-opening in that the different stages when people are ready to accept change were identified. She also noted that there is a different lens through which people from a low income, middle class and wealthy status approach a problem. The workshop identified a toolkit of strategies to use in behavior change with clients.

Just as regular medical exam and screening tests are essential in maintaining physical health and identifying risks, a “financial check-up” and review of one’s finances can also help ‘diagnose’ problems and assess uncovered risk exposures. Many people are in denial and think they are doing much better than they truly are. This makes behavior change difficult, since they do not perceive their situation as a problem until it becomes a crisis.

CCE-Steuben Budget Coaches are available FREE to the public. Call our office today to schedule an appointment for your financial checkup.

2015 Dairy Princess and her court announced

Olivia Chatain was crowned the 2015 Steuben County Dairy Princess. Olivia is the 17-year-old daughter of Heather Decker and Peter Chatain. Olivia will be a senior at Arkport Central School, where she is active in soccer, student council, academic all-stars, and a member of the National Honor Society.

The Steuben County Dairy court includes Paige Demun (2014 County Dairy Princess), Makayla Haischer, Megan Ross, Hannah Stewart, Emily McCaig, Natalie Capluzzi, Brynn Scholl, Sara Stierly, and Kylene Stierly.

Pictured left are: Back row: Paige Demun, Olivia Chatain (2015 Steuben County Dairy Princess); Center row: Makayla Haischer, Megan Ross, Hannah Stewart; Front row: Emily McCaig, Natalie Capluzzi

Cornell University Cooperative Extension of Chemung, Schuyler, Steuben and Tioga Counties have teamed up with WETM-TV to make your garden grow this summer. CCE’s garden experts are offering tips every Friday on WETM 18 News at Noon. Topics covered include proper watering techniques, community gardening, disease management, pet safe gardening, and how to stake tomatoes. Look for the segments through September! Visit http://www.mytwintiers.com/garden for the latest segment. Cornell Cooperative Extension is your resource for information on soils, site improvement, plant selection, proper plant care, eco-friendly practices, integrated pest management, composting and so much more! CCE offers free or low-cost gardening classes and tours all year long, and opportunities to share your love of gardening as a volunteer!

1) Congressman Tom Reed, Brad Sick and Katie Matthews, both Willing Workers 4-H Club members, at Citizens Washington Focus Trip;
2) Steuben County representatives at the State Teen Action Rep Retreat;
3) Steuben County 4-H members who participated in the 2015 4-H Finger Lakes District Dairy Judging Contest were (L-R) Kate Helgerson; Paige Demun, Dairy Dreamers 4-H Club, 1st place Sr. Individual; Jade Atherton, Blue Ribbon Roundup 4-H Club, 1st Place Jr. Individual, and Kayla Atherton; and 4) The Steuben County 4-H members at Career Explorations. For further details on these events visit our website.
Nine 4-H’ers selected for State Revue

A lovely garden scene, including a table set for a tea party, greeted those attending the 2015 Steuben County 4-H Clothing Revue in Avoca. This set the stage for the theme “A Garden Tea Party.” Those chosen to represent Steuben County at the New York State Fair in 2015 are: Molly Fox, Kate Matthews, Caleb Miller, Rose Miller, Alexis Robinson, Kacey Scheib, Brad Sick, Samantha Towner, Alyx Uhl.

Steuben Agriculture & Farmland Protection Plan Adopted

Agriculture is a vital component of Steuben County’s economy. In 2012, the market value of the county’s farm products was $187 million. While Steuben’s agricultural productivity continues to grow and diversify, there is an increasing need to capitalize on emerging market opportunities so that farming can remain a viable industry.

In 2013, Steuben County received funding from the NYS Department of Agriculture and Markets to develop a new farmland plan that would identify key initiatives to sustain and grow the agricultural economy and protect farmland. The plan was developed under the direction of the Steuben County Planning Department and Agricultural and Farmland Protection Board in partnership with the Industrial Development Agency, Cornell Cooperative Extension of Steuben County, and the Soil and Water Conservation District. The result of this 2-year process is the 2015 Agricultural and Farmland Protection Plan which is intended to promote and enhance the County’s agricultural economy, and ensure that farming continues to play a central role in the community for many years to come.

The plan is organized into four main sections: Existing land use policies, Programs and organizations; Agricultural land use profile and state of the agricultural economy; Goals, objectives and strategies; and Action plan/implementation strategies; and Action plan/implementation, adoption.

The extensive plan is now available online at http://farmplan.steubencony.org.

Trying new samples to get healthier foods into your meals

Eat Smart New York (ESNY) has been reaching Steuben County residents at farmers’ markets throughout the county, sharing healthy recipes, samples, and nutrition information. You can find ESNY at the Bath, Hornell, and Corning farmers’ markets throughout the season!

Trying samples of new recipes is a great way to introduce people to ingredients or foods they might normally shy away from eating. At farmers’ markets, ESNY Educators are providing samples of healthy spins on some favorite foods. After a taste test, people are more likely to buy the ingredients at the farmers market! After tasting a Pineapple Fizz drink—a bubbly, refreshing beverage without any added sugar!—one person said that he would rather drink this beverage than his usual fruit punch or Mountain Dew. Cutting just one such sugary drink a day can save hundreds of calories.

After tasting the ESNY Garden Pasta Salad, another person purchased all of the vegetables in the recipe at the farmers market to make the recipe for dinner. Just trying a new sample at farmers’ markets, food pantries, and grocery stores is helping people get more healthy food into their family’s meals!

More farmers’ market friendly recipes and upcoming ESNY workshops are on our website or visit us at the farmers’ market to try a sample!
It’s been two years since our last Farm-City Day; an event highlighting the importance of agriculture in Steuben County. On September 26, we will return to Canisteo to the Moss-VanWie Dairy Farm where Cliff & Deb Moss hosted the event in 2011. Look for many of your favorite displays & vendors (maple, ice cream, dairy princess, milking a cow by hand) along with new attractions and exhibits!

Centrally located on State Route 36, Moss-VanWie Dairy is home to 120 cows and 100 calves and heifers. They have over 300 acres of corn, 120 acres of soybeans and 80 acres of hay. 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. CCE-Steuben will be touring 2nd and 3rd graders on the farm on Sept. 24-25. For more information visit www.steubencountyfarmday.com or find the event on Facebook.

The highlighted wildlife show at this year’s Southern Tier Outdoor Show will be Wolves of the World, a show that wowed New York State Fair audiences in 2014. The Sandlofer family will explain the history of wolves, and showcase their rescued wolves to display the traits of wolf packs, their interaction with humans and how they are being fed.

Come shop among 150 outdoor gear vendors, watch demonstrations and seminars, and let the youth try out some outdoor activities like fishing, archery, turkey calling, hunters clay, and ATV maneuvering. Around 7,000 people visit the show annually, so don’t miss all the family fun. Visit www.SouthernTierOutdoorShow.com or Facebook for further updates.