



# Cornell University

## Cooperative Extension

### Steuben County



## E-News Cornell Cooperative Extension News

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### June is Dairy Month!

According to the latest census of agriculture there were 254 farms producing milk in Steuben County in 2007. These farms had over 20,000 cows with an average production of 17,400 pounds of milk per cow per year for a total amount of 348,000,000 pounds. The current milk consumption per person in the U.S. is 605 pounds per year. Thus Steuben dairy farmers produced enough milk to supply 575,200 people or 5 ¾ counties the size of Steuben.

The economic impact of dairy farms is also large. With owners and employees there are over 1,700 people working on dairy farms in the county. The value of the milk was 75 million dollars and the majority of these dollars are spent in the county, creating a multiplier effect of 150 million dollars on the local economy.

### New Dairy Princess is crowned...

Kate Brown of Hammondsport was crowned the 2009-2010 Steuben County Dairy Princess at the May 26 Dairy Pageant in Bath. She is the 16-year-old daughter of Bill and Cindy Brown. The family owns Stone Rise Dairy, which is home to a 60-cow registered Holstein herd. Kate is a sophomore at Hammondsport Central School, a member of the Allegany Steuben Jr. Holstein Club and 4-H, and has been a member of the Steuben County Dairy Princess Program for four years. She owns several dairy cows and has competed for many years at local and regional dairy cattle shows.



The Steuben County Dairy Promotion Committee welcomed four new Dairy Ambassadors to the program this year: Paige Demun, Rebekalynn Joris, Melissa Panaccione, and Morgan Pierce. Kate takes the reigns from her older sister Carlie, who served as the 2008 Steuben County Dairy Princess.

The primary role of the Dairy Princess and her court is to increase the consumption and sale of fluid milk and dairy products through public appearances, public education, and providing nutrition information to consumers. If you are interested in having the Dairy Princess or a member of her court attend an event please contact Kate at 607-346-1159. The Dairy Princess is available for school programs, farm tours, farm meetings and other promotional events. The dairy princess program is overseen by the Steuben County Dairy Promotion Committee. For more information on joining the program, contact Kerri Bartlett at 607-664-2311.

### Pulteney Farm chosen for 2009 Farm-City Day event

Farm-City Day is an educational, fun-filled day on the farm where the public can get a firsthand, behind the scenes look at how a modern dairy farm operates. The 2009 location will be at the Jack and Evelyn Drumm farm in Pulteney on Saturday, Sept. 26. The Drumm farm is home to 120 milking cows and over 100 calves and heifers. For up to the minute details on events and planning for this annual event, visit the new event website at [Steuben County Farm City Day](#).



## Check out the Green Job Forum

Cornell Cooperative Extension and the New York Energy \$mart Programs will present a Green Jobs Forum on Thursday, June 25 from 10 a.m. to noon at the Steuben County Extension office in the county office building at 3 E. Pulteney Square in Bath. What are green jobs? In what sectors of the economy do they exist, and what available training information is available? The forum will provide this basic information as well as talk about the future for the green jobs sector. It will also present information on starting a home performance business.

Presenters include representatives from the Workforce Development Institute and the New York Energy \$mart programs. Dr. Joe Laquatra, a professor in the Dept. of Design and Environmental Analysis at Cornell University will facilitate the event.

Who should attend? Building contractors, entrepreneurs, community educators, students, and anyone interested in learning about new opportunities in the Green Jobs Sector. To reserve a seat call 607-664-2300.

## The Corning Library offers a Thrifty Living series in June

In cooperation with Cornell Cooperative Extension, the Southeast Steuben County Library, will present a four-part workshop series to help you find creative, practical ways to stretch the family budget without crimping your quality of life. There will be four free sessions on Tuesdays from 6:00-8:00 p.m.

**June 2 - Homegrown Vegetables** with *Horticulture Community Educator Stephanie Mehlenbacher*. Whether you have a backyard, a front porch, or just a sunny window, you can grow vegetables to make your food dollars go further!

**June 9 - Budgeting** with *Financial Management and Budget Counseling Program Educator Nancy Reigelsperger*. Learn your money personality and find out strategies for goal setting, cash tracking, budgeting, and keeping financial records.

**June 16 - Debt and Credit Issues** with *Financial Management and Budget Counseling Program Educator Nancy Reigelsperger*. Learn how to obtain and understand your credit report. Find out what credit card debt and making minimum payments will mean for your future. Plus, learn to guard against identity theft.



**June 23 - Stretch Your Food Budget** with *Nutrition Coordinator Loree Symonds and Chef Jon*. You don't have to be wealthy to eat healthy. Enjoy activities on stretching your food \$\$\$ and making economical meals, along with a sample or two for tasting!

Stop by the library at 300 Nasser Civic Center Plaza in Corning Tuesday evenings during June for this thrifty series. No sign up required!

## Money Matters

Current financial times are scary, so it is even more important now to learn how to manage your money and stay on top of your credit. Cornell Cooperative Extension of Steuben County offers free workshops to help you get started or get back on

track. "People are living on tomorrow's dollars today," says presenter Nancy Reigelsperger. "the need is out there. Financial management difficulties are not limited to low income people. With skyrocketing fuel and energy costs, everyone is scrambling to manage their budgets."

**Making Ends Meet** will be held **Monday, June 8 from 10:30-12:30 p.m.** This workshop provides an overview of the process for developing and using a household spending plan. The group will also explore ways to maximize resources and reduce energy use. Participants will receive a free money management kit.

**Exploring Credit/Debt Management Issues** will be held **Monday, June 8 from 1:30-3:30 p.m.** Information on selecting and using credit wisely are shared at this workshop, as well as strategies for paying down debt, obtaining and reviewing a credit report, and understanding a credit score. Participants will receive free credit management tools.

Both workshops will be led by Cooperative Extension Financial and Energy Educator Nancy Reigelsperger at the Steuben County Office Building, Room F-1, 3 E. Pulteney Square in Bath. Call 607-664-2300 to register.

### Ten grants offered for \$250 worth of bulbs

Ten Grants will be offered for \$250 Worth of Bulbs - Application deadline is July 3, 2009  
Send us a great idea and, if selected, we'll send you a bunch of spring flowering bulbs for your project. Submit a description of a project that features a planting effort with children or youth, at a school or other organization and you may be one of 10 to receive a grant of \$250 in bulbs. (That's a lot of bulbs!) For more information, visit: [The Bulb Project](#)

### Stephanie's Picks This Month...

**Most of Steuben County's Farmers' Markets kick off their season this month.** Support our area agriculture and stop by a Farmers' Market near you!

- Addison Farmers Market: Saturday, 8:00-4:00. May - October
- Bath Wednesday Farmers Market: Wednesday, 9:00-4:00 May- October
- Bath Saturday Farmers Market: Saturday, 8:00-1:00 May-October
- Corning Farmers Market: Thursday, 8:00-3:00 June-October
- Hornell Farmers Market: Friday 9:00-4:00 May-October
- Hammondspport Farmers Market: Friday 11:00-5:00 June - October
- Hammondspport Farmers Market: Wednesday and Saturday 9:00-5:00 June - October

**Rhubarb is in season now.** Plant rhubarb in early spring while plants are still dormant. Do not harvest the first year after planting. To harvest pull the leafstalks from the plant and trim off the leafy portion.

Asparagus is also currently in season. Plant asparagus crowns and do not harvest the first season. Harvest can take place the second season, but only for a period of 2-3 weeks. The third year a full harvest can take place.



**Start a vegetable garden this year** to help save money and have fresh healthy food all summer long! This article from the NY Times shows you just how much growing your own food can save you! [Check it out here!](#)

**New resource available!** Using Organic Nutrient Sources [Download it here!](#)

### Home Gardening Takes Root...

The media reports that popularity of home gardening is on the rise. President Obama's family recently dug up part of the White House lawn so they can grow vegetables. With the economy struggling, people losing jobs and the price of food increasing, home vegetable gardens can provide your family with inexpensive, fresh produce and help decrease your grocery bill during the growing

vegetable gardens can provide your family with inexpensive, fresh produce and help decrease your grocery bill during the growing season.

Many times your garden produces more than you can use. That is the time to think about preserving food for the winter months. Freezing is the easiest and least costly way of preserving fruits and vegetables. Canning is another option but costs more to get started because of the equipment needed. If you have not had experience in either method of food preservation, you need to make sure to use the USDA-approved method so you have an end product that tastes good and safe to eat. If you have not preserved foods before or need an update, the Steuben County Master Food Preservers can help.



**On June 20 the Master Preservers will be at Massi's Greenhouse on Victory Highway in Painted Post** to answer questions about freezing and canning. There will be a display of equipment used for preserving and a video showing the methods. If there is interest in joining a hands-on workshop there will be a sign up for classes. Our workshop schedule is still in the process of being completed for the summer. **We still need community sites to use for these workshops.** A kitchen with a range, sink, and a work area is needed. A room with tables next to the kitchen could also provide the work space. We bring everything else. If anyone in any area of the county would like to host one, please contact Loree Symonds at 607-664-2300.

Up-to date information is available at the Cornell Cooperative Extension Office, and our three Master Food Preservers are available to answer questions. Also check our web site for current information and updates on food preservation.

[www.putknowledgetowork.com](http://www.putknowledgetowork.com)

### Partner with us at the Bath Wednesday Farmer's Market...

This summer the CCE-Steuben Nutrition and Horticulture teams have partnered with a number of groups through the summer season. As always, they will offer yummy samples to market visitors, recipes, tips and answers to questions. And the Master Gardeners will be available to answer gardening questions.

Below are the dates Cooperative Extension will be at the Market, and with the following partners:

- June 3 - Diabetes on Target
- June 17 - Finger Lakes Parent Network
- July 1 - Steuben County Council on Addictions
- July 15 - Bath Area Family Resource Center
- July 29 - Healthy Families
- August 12 - WIC
- Sept. 2 - Pregnancy Resource Center of the Valleys, Inc.
- Sept 16 - NOEP Catholic Charities/Turning Point
- Sept 30 - OFA

### Reminder from last month's E-News...

**4-H Shooting Sports training...**The Western New York Regional 4-H Shooting Sports Workshop will be held on Friday, June 5 at 6:00 p.m. through Sunday, June 7, 2009 at 2:30 p.m. Registration is due by May 22, 2009! The 4-H Shooting Sports Program is a hands-on firearms safety training and natural resources program for girls and boys ages 9 to 19 years old.

The New York 4-H Shooting Sports Program Annual Regional Workshop will certify volunteer leaders as 4-H Shooting Sports Instructors. The workshop will feature the following disciplines (based on a minimum enrollment of five participants): Archery, Coordinator, Rifle and shotgun. Adults will be certified to teach the applicable discipline to youth participating in formal 4-H Shooting Sports Programs and in camp situations. Each state maintains its own standards for certification that may exceed those established by the National 4-H shooting Sports Committee. Participants will be able to complete requirements in only one discipline. All equipment will be supplied. The workshop adheres to all National 4-H Shooting Sports curriculum standards.

The workshop will be held at 4-H Camp Wyomoco, 2780 Buffalo Rd., Varysburg, NY. A \$75 registration fee includes instructor costs, materials, overnight camp bunkhouse accommodations and meals. For more information on this event contact Kim Randall at the CCE-Steuben office at 607-664-2300 or email [ksb3@cornell.edu](mailto:ksb3@cornell.edu) or visit online at [www.nys4Hshootingports.org](http://www.nys4Hshootingports.org).

**Chicken BBQ Fundraiser** The Steuben County 4-H Small Animal Program will hold a Steuben County Chicken BBQ Fundraiser on

**Chicken BBQ Fundraiser...**The Steuben County 4-H Small Animal Program will hold a Stearns Chicken BBQ Fundraiser on Saturday, June 13, 2009 at the Steuben County Fairgrounds, Chestnut Street Entrance from 11:30 a.m. 12:30 p.m.

Pre-Orders and Pre-Paid Orders were due by Friday, May 29, 2009. But those wishing to support this fundraiser can show up early on the day of the event.

One-half BBQ chicken is \$4.50 each, one-half BBQ chicken dinner (including Macaroni Salad, Coleslaw, Roll and Butter) is \$6.50, and 8 oz water or various cans of soda are \$1 each.

**The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.**

Your support helps us offer more services to more people. Often we are limited by grant regulations to serve only an income-eligible audience. What impact will you leave on Steuben County? Will there be a program with your name on it that serves youth to learn community service, teamwork or a specific job skill? Will families be learning how to use alternative energy, managing their budgets or eating healthier because you helped fund an educational series? Will new farming techniques that you supported help keep Steuben County at the forefront of the state and even the country in reputation? All this and more is possible with your participation. Please donate here.

**Carla Dawejko**  
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