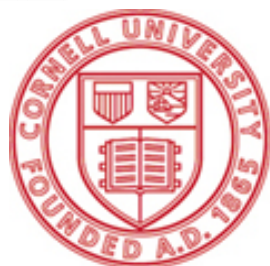


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

September 2011 - Vol 3, Issue 9

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[Join Our Mailing List!](#)

Join us in Canisteo for Farm City Day on Sept 24!

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. Petting baby calves, picking a souvenir pumpkin, getting lost in the corn maze, milking a cow by hand, watching baby chicks, and playing in a giant pile of corn are just a few of the fun activities families can participate in.



Agribusinesses will be on hand to answer questions about farming and how the food you consume is produced. A petting zoo will feature baby calves, goats, sheep, bunnies, alpacas, pot-bellied pigs, and other animals. There will be plenty of free samples of milk, cheese, yogurt, potato chips, and grape juice, all made with the help of our local farmers! This family event is **free and open to the public**. Everyone is welcome to attend.

Come out and celebrate agriculture at the 11th annual **Steuben County Farm-City Day** on Saturday, **September 24th!** Don't miss the fun at the Moss-VanWie Farm in Canisteo from 10:00 a.m. - 3:00 p.m. The farm is located on State Route 36, just east of the Village of

Canisteo. Visit our website at www.steubencountyfarmday.com or follow us on facebook for information on attractions, events, sponsors, and detailed directions.

This year's Farm City Day farm...

Situated among the rolling hills of the Canisteo Valley sits the Moss-VanWie Dairy Farm. Located in the township of the famous "Canisteo Living Sign", the Moss-VanWie Dairy



Farm is the sight of the 2011 Steuben County Farm-City Day. Cliff and Debbie Moss, along with Gerald and Jean VanWie, welcome you to their farm.

Gerald VanWie's farming career began in 1932 when his father Bert and he purchased 32 acres of land and began milking 12 cows by hand. In 1988 Cliff moved to Canisteo and formed a partnership with Gerald VanWie. In April of 2009, Gerald made the decision to semi-retire, at which time Cliff and

Debbie purchased the farm from the VanWies.

Today, the Moss-VanWie Dairy Farm is milking 120 cows, and they have 100 calves and heifers. They own over 450 acres and rent some additional land. Smooth daily operation of the farm continues in part from the years of wisdom Gerald VanWie continues to pass down. The VanWies, along with Cliff and Debbie, all reside on the dairy farm located in the Canisteo Valley. They and their families are excited to host the 2011 Steuben County Farm-City Day.

Join us on Facebook!

We have several pages for you to like!

The Farm City Day Facebook pages can be found by searching for Steuben County Farm Day on www.facebook.com.

Cornell Cooperative Extension of Steuben County has a new Facebook page so you can stay up to date with tips, research, upcoming workshops and much more! Be sure to check out our page and like us at www.facebook.com/ccesteuben.



Cornell Cooperative Extension's annual show, the **Southern Tier Outdoor Show**, also has a facebook page at www.facebook.com/southerntieroutdoorshow.

Get social with us!!!!

Back to School Food Safety Reminders

It's back to school time and time to pack healthy lunches for you and your family!

September always brings change. Summer and its carefree days are over and it's the time when families head back to school, to after school activities and begin full work schedules again. Healthy lunches are an important part of the day for your family. Eating a



healthy lunch gives you energy to work or study during the afternoon and helps to give your brain a boost. A healthy lunch should contain vegetables, fruit, whole grains and lean protein.

Vegetables are easy to add to a lunch. Eat cherry tomatoes, baby carrots, sliced bell peppers or sliced cucumbers with a little of your favorite salad dressing or with hummus, add lettuce and tomato to sandwiches or eat soup full of vegetables.

Fruit is a natural addition to lunch. Fresh, canned in its' own juice, frozen or dried, all fruit is portable and adds a little sweetness to your meal.

Whole grains provide your brain with energy and help you to think clearly during the afternoon. Whole grains are easier to include than you might think - whole wheat bread, pitas or tortillas make excellent wraps to add sandwich ingredients to, whole grain crackers pair well with soup, light popcorn can add crunch and fiber to your lunch or try whole grain pastas for pasta salads. Brown rice makes a great addition to soup or added to last night's left over vegetables.

Lean protein comes in many forms other than deli meats. Try legumes like black beans, kidney beans or chick peas, hummus, nut butters, nuts, sunflower seeds, refried beans, tuna and other fish or seafood and eggs. Many of these lean protein sources may be less expensive than deli meats, so try something new with your family.



Lastly, always include water, 1% or fat free milk to drink with your meal.

Food Safety Tips for Packed Lunches

If you pack your lunch at night, make sure to store it in the refrigerator overnight.

- If possible, use an insulated lunch bag with an ice pack to keep your lunch cold.
- If you don't have a microwave to reheat food, pack hot food in a thermos type container.

[Follow this link](#) to learn more about keeping your school lunches safe.

Food Preservation class to be held in Corning...

Preserving the Peak of the Harvest is a free Food Preservation Workshop to be held **Saturday, September 17, 2011 from 9:30- 11:30 a.m.** at the Corning Building Company in Corning.

Presented by Cornell Cooperative Extension Master Food Preservers: Jon Sterlace, Pat Lamphier and Loree Symonds, the Food Preservation Workshop topics cover Canning with a Boiling Water Bath

Canner, a method used for canning fruits, pickles jams and jellies.

The workshop includes an update on food safety in food preservation, an instructional packet to take home, and a live interactive hands-on demonstration of canning pickles and fruit. The workshop is designed for beginners or as an update for seasoned food preservers.

Preregistration is required and automatically enters your name into a drawing for door prizes. For registration call:

607-936-9921



Join us at our final Farmer's Market for the season...

The Cooperative Extension nutrition team will finish their 2011 appearances at the Bath Wednesday Farmer's Market on September 7. Be sure to join Jon Sterlace as he creates his final healthy vegetable recipe to share with market visitors.



Jon will have information at the booth about MyPlate and the importance of filling your plate with fruits and vegetables. The new MyPlate icon helps make it simple. What does a serving of broccoli look like? How many baby carrots are in a cup? Even the most well-versed nutrition professionals don't have all these measurements memorized! So let's make it easier: fill half your plate with fruits and vegetables at each meal or eating occasion. Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day-and you won't have to do all the math!

[Visit this site](#) to learn how to involve kids in fruits and vegetables and to take a pledge yourself to eat more fruits and vegetables.



September is National
Fruits & Veggies—More Matters Month!

TAKE THE PLEDGE TO EAT MORE FRUITS & VEGGIES.

The Great Debate: Wills vs 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 Tuesday, September 13 at the Wayland Library in Wayland. The workshop will be offered from 3:00 - 5:00 p.m. and again from 6:00- 8:00 p.m.



Cornell Cooperative Extension of Steuben County has partnered 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.

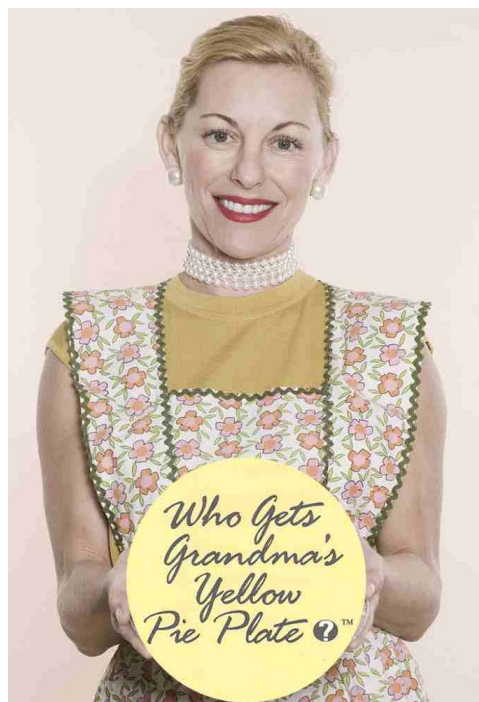
The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit www.putknowledgetowork.com.

Who Gets Grandma's Yellow Pie Plate?

There are many approaches when dividing emotionally valued assets after a loved one dies. Sometimes the process can cause a huge rift between family members at just the time they need each other the most! Don't think this could happen to your family?

Cornell Cooperative Extension of Steuben County is offering a workshop to help guide your family in planning ahead, so it does not happen to you! **Who Gets Grandma's Yellow Pie Plate?** will be held on Tuesday, September 27 from 6:00 - 8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center, Corning.

Who Gets Grandma's Yellow Pie Plate explores the sensitivity of how to pass on personal possessions with Cooperative Extension's Financial Management Educator Nancy Reigelsperger. Whether planning ahead or making decisions when a loved one dies, the class workbook will help you and your family recognize the sensitivity of the issue, determine what you want to accomplish, decide what's fair for your family, understand how belongings have different meanings to different individuals, consider distribution options and consequences, and help you to agree to manage conflicts if they arise.



Some of the topics Reigelsperger will cover include key factors for successful non titled property transfer, determining what "fair" means, and identifying special objects and sharing stories about their history.

Registration is limited to 25 participants. The 94-page workbook for **Who Gets Grandma's Yellow Pie Plate** will be included in the \$15 per person or \$20 per couple fee. To register a space in this workshop or for more information contact

607-664-2300 or visit www.putknowledgetowork.com.

Energy Workshops

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you're spending on heating your home! Spend a couple hours with Nancy Reigelsperger and Jim Grace in their FREE **Save Energy Save Dollars** class in several upcoming locations.

- **Monday, September 19** from 6:00-8:00 p.m. at the



Hornell Senior Center, Broadway Mall in Hornell.

Tuesday, September 20 from 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center, Corning.

Monday, September 26 from 6:00-8:00 p.m. at the Fred & Harriett Taylor Memorial Library, Hammondsport.

Tuesday, October 4 from 6:00-8:00 p.m. at the Cornerstone Community Resource and Youth Center, 2 North Main Street in Wayland.

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out!

Each participant will receive an assortment of FREE energy saving items. Please help us plan for the number of attendees by calling to register your space at 607-664-2300 .

Stephanie's Picks...

Here are Stephanie's tips for the fall season...

1. Slugs can become a nuisance as cool, wet weather approaches in the coming months. For more information visit <http://ohioline.osu.edu/hyg-fact/2000/2010.html>
2. According to Carol MacNeil, Cornell Vegetable Program, Late Blight has been confirmed on potato and tomato plants from a home garden in Oneida County in upstate NY. Applications of copper or chlorothalonil need to be on the plant before the disease is in the area to protect potato and tomato plants from late blight.
3. We have taken several calls about identification of giant hogweed. Here is a color photo guide to identifying giant hogweed <http://www.dec.ny.gov/animals/72766.html>
4. Fall is just around the corner! What type of fall foliage should we expect? The answer lies in the weather. A drier than normal late summer/ early fall will accelerate the leaf changing process and cause leaves to fall prematurely; while a wet September and October will tend to produce fewer vivid colors and the leaves may fall early due to the rain and winds. The prime weather conditions for brilliant fall colors are warm, sun dominant days and cool, crisp nights but without frosts or freezes.



4-H News

Science on Saturdays

The Regional 4-H Program of Chemung, Schuyler, Steuben and Tioga Counties will present Science on Saturdays beginning September 17. The four sessions will concentrate on Geospatial Science from 10:00 a.m. to noon and Sustainable Energy from 1:00-3:00 p.m. The first session will be held at Pinnacle State Park in Addison. Rain date is September 24. The next sessions will be held October 1, 22, and November 5.



Come participate in solar, wind, mini hydro and other sustainable energy activities. Learn about geocaching, a high tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices.

Class limit is 15. Pre-registration with \$10 payment is due by September 15 to Cornell Cooperative Extension of Steuben County, 3 E Pulteney Square, Bath, NY 14810. For more information call 607-664-2300 .

Robotics on Sundays

The Regional 4-H Program of Chemung, Schuyler, Steuben and Tioga Counties will present Robotics on Sundays beginning September 18. Additional dates are September 25, October 2 and 9. All sessions will be held from 2:00-4:00 p.m.

Embark on an adventure with virtual, junk, drawer and NXT robotics. Class limit is 15 and pre-registration with \$15 payment is due by September 5th. For more information call 607-535-7161 and ask for Roger Ort or log onto www.cce.cornell.edu/schuyler.

NY 4-H Meat Animal Show

The New York 4-H Meat Animal Show and Sale will be held September 10 at Empire Livestock, Bath, NY

4-H Leader Training

Tentative date is September 17

10:00 a.m. - 12:00 noon, (9:30 a.m. social time and refreshments)

Cooperative Extension celebrates 100 years...

Since its inception, the Land Grant idea was that if people had access to university based knowledge and applied it to their everyday lives, stronger individuals, families, and communities would be the result. It would mean a better quality of life. It was an idea based on a belief that individual success, democracy, and hard work could see us through any challenges.

In its 100th year, the Cornell Cooperative Extension System is still based upon that great idea and that important belief. The centennial celebration is a celebration of people and their progress through a century of challenge and opportunity.

The new century brings us new versions of those challenges, but the idea is as powerful as ever. It is everyday people, working together; using science and collective experience in their lives to solve the problems that lie ahead. The Cornell Cooperative Extension System provides access for New Yorkers to their Land Grant University and extends the boundaries of the campus to every corner of the state.



STEUBEN COUNTY

For the past 100 years CCE has always been there to help with everyday life. Regardless of what the next century brings, CCE will be there.....and in the lead!

Save these dates!

November 7-8

Got Woods? Got Livestock? Then save the date!

The Northeastern Silvopasture Conference will take place on November 7th and 8th at the Watkins Glen Harbor Hotel in Watkins Glen, NY. Come learn how Silvopasturing (sustainable woodland grazing) can improve the health, performance and viability of livestock operations and woodlands in the Northeast. The conference is open to all, but foresters, graziers, researchers and conservation professionals are especially encouraged to attend this inaugural event. For agenda and registration, please visit

<http://nesilvopasture.eventbrite.com>. For further information, contact Brett Chedzoy of Schuyler CCE at 607-535-7161 (bjc226@cornell.edu)

December 1, 2011

Group-Housed Dairy Calf Systems

Doubletree Hotel

Syracuse, New York

We invite you to join us for this symposium, featuring industry-leading speakers, research updates, and producer panels. This symposium is designed for those currently using group housing, as well as those producers who are interested in learning more about group housing systems. Stayed tuned for more details!

Explore the outdoors with your family!

Have you ever met an Olympic Gold Medal champion? Visit the **Southern Tier Outdoor Show** at Wilkins RV in Bath on Saturday, October 9 and meet **Cathy Turner**, two-time speed skating Gold Medalist! Cathy's medal collection includes a silver and bronze for the 3,000 meter team relay. The Rochester, New York native is an avid archer and will discuss some of her hunting scores!



Don't miss our featured show both days with TV's animal handler **Jarod Miller**, of Animal Exploration with Jarod Miller, a nationally syndicated show that can be seen locally on Elmira's WETM, as well as other large cities in the state.

Miller has worked alongside Mutual of Omaha's Wild Kingdom host Jim Fowler and TV host and American zookeeper Jack Hanna. He has appeared with his animals on such shows as Conan O'Brien, Rachael Ray and David Letterman as well as at the White House. Raised in western New York, Miller was the youngest accredited zoo director in the United States at age 25.



There's still time to sign up for Jim Beverly's **Companion Retriever Hunting Challenge** to compete on Sunday,

October 9 beginning at noon. This contest focuses on a typical owner/handler of a retriever that is a family companion as well as a hunting partner. The two contest levels consist of goose and duck hunting scenarios for handlers at least 12 years of age and older. The event is supervised and judged by Jim

Beverly, a well known retriever trainer from western New York with 47 years experience in the waterfowl hunting industry. Entries cost \$30 and winners will receive trophies and prize money with a door prize raffle for all. To register call Beverly at

716-474-4661 .



The 5th Annual Southern Tier

Outdoor show scheduled for Oct 8-9,

2011 in Bath offers a variety of wildlife shows, exhibitors and interactive activities.

Cornell Cooperative Extension of Steuben County hosts the show at Wilkins RV, Inc. on

Route 415, off I-86 Exit 37, for the public to enjoy an educational experience of learning awareness and stewardship of our natural resources, participating in outdoor activities, and supporting local products and services.

Families and sportsmen alike are invited to attend, and area businesses and agencies are encouraged to participate. Where else can an

entire family go for \$5 and enjoy exhibitors, demonstrations, wildlife shows and professional seminars? For more informatio on the show, visit

www.southerntieroutdoorshow.com.



Explore the outdoors with your family!

There will be plenty of seminars at this year's Southern Tier Outdoor Show, October 8-9 at Wilkins RV in Bath, NY.

- Black Bears in New York State by Jeb McConnell, Fish and Wildlife Technician at the New York State Department of Environmental Conservation in Avon, NY. He will discuss the natural history of black bears along with information on what they eat and a description of their reproduction habits. He will cover the conflicts of bears and humans and how to limit future intereactions, explain the DEC's involvement with bears and their ongoing research study to determine home ranges of females as compared to males. Come see plenty of great photos and learn some little-known interesting facts about bears.
- Former New York Bowhunter President Gary Socola will discuss the best ways to get women and girls started in the sport of bowhunting or archery. He will cover exercises that can be done to strengthen musecles, the best way to practice, types of equipment, the shift in the marketplace to outfit women in the outdoor sports, minimum hunting requirements for bowhunters in New York and much more. He will also have some examples of equipment for women archers on hand and be able to answer your questions.



- Roy Butler of Four Winds Renewable Energy will help deprogram his audience on the current perceptions of solar and wind energy.
- And there will be plenty of other sessions including tracking wounded deer, scoring and harvesting deer, duck and goose hunting, and turkey calling.

Find out the latest at www.SouthernTierOutdoorShow.com.

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

Be a part of Steuben County's bio-mass demonstration project! Cornell Cooperative Extension of Steuben County is embarking on a pilot program to engage Steuben County in providing sustainability for jobs, agriculture and our local economy. The plan involves the purchase of \$300,000 in grass pelleting equipment for a grass bio-mass demonstration project in Steuben County. This working model will employ local farmers in producing grass, and provide local energy for residents. Your donation will help make this project a reality. For more information contact Tom Tomsa at 607-664-2301 or visit [our donation page](#) to contribute to the Renewable Energy Capital Campaign.

Carla Dawejko
Public Affairs Coordinator
Cornell Cooperative Extension of Steuben County

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