Our work is based in over 100 years of service to the community using the land grant mission. Our vision is a strong community in which residents thrive, maintaining health, self-reliance and prosperity.
Dear Friends of Extension...

It’s not very often that an organization gets to celebrate 100 years of service to the community. 100 years of the types of stories you will read in this year’s annual report: cutting-edge farmer education, positive youth development, financial literacy education, nutrition education & obesity prevention, and outdoor & natural resources programs for everyone.

This year, in celebration of our centennial, we debuted a successful lecture series on a variety of topics, opening our doors to many new people who hadn’t experienced a Cooperative Extension program before. We celebrated in style at Pleasant Valley Wine Company, a fitting location as the oldest winery in the county. And, in true birthday fashion, we ate a lot of cake!

Thank you for being part of our first 100 years, whether as a volunteer, a donor, a program participant, or collaborator. We are stronger because of our partners and supporters in the community, and we value your input into programs that benefit Steuben County.

We hope that you enjoy reading the 2018 Annual Report and the accomplishments of our staff and volunteers. We are extremely proud of the way that Cornell Cooperative Extension of Steuben County has adapted and shifted to meet the changing needs of the community over the course of a century. Our staff and board are looking forward to continuing to grow and adapt for the next 100 years.

Sincerely,

Larkin Podsiedlik, Executive Director

Pamela L. Colomaio, CCE-Steuben Board President

In October 2018, CCE Steuben moved into the brand new County Office Building Annex at 20 E. Morris Street in Bath. Our mailing address remains the same, but we invite you to come check out our new office and the beautiful conference space. Moving 100 years of stuff wasn’t easy!

We are extremely grateful to the County of Steuben for their ongoing support for Cooperative Extension; not only did they move us into new office space, but they included a large and beautiful demonstration kitchen for our nutrition programming! Thank you to everyone involved in the design, construction, and move.
**2018 CCE Steuben Staff**

**ADMINISTRATION**
- Larkin Podsiedlik, Executive Director
- Bambi Caron, Administrative Assistant
- Carla Dawejko, Public Affairs Coordinator
- Sarah Hess, Environmental Nutritionist
- Jonathan Sterlace, Nutrition Educator

**AGRICULTURE**
- Stephanie Mehlenbacher, Horticulture Educator
- Ariel Kirk, Agriculture Educator
- Justine Cobb, Senior Nutritionist
- Patricia Lampshire, Nutrition Educator
- Sara Stamp, Nutrition Educator

**4-H/YOUTH DEVELOPMENT**
- Jenny Groen, 4-H Youth Development Program Leader
- Loree Symonds, 4-H Youth Development Educator
- Kim Randall, 4-H Youth Development Educator

**NUTRITION**
- Robert W. Shirley III, Deputy Director/ Director Finance/Operations
- Stephanie Mehlenbacher, Horticulture Educator
- Justine Cobb, Senior Nutritionist
- Sarah Hess, Environmental Nutritionist
- Sara Stamp, Nutrition Educator
- Austin Nichols, Nutrition Educator

**FINANCE/ENERGY**
- Nancy Reigelsperger, Financial/Energy Educator

**2018 Board of Directors**
- President: Pamela Colomaio
- Vice President: Ken Ward
- Secretary: Nicole Luckenbach
- Treasurer: Drew Heisey
- At Large Members:
  - Ken Ward
  - Stuart Sammis
  - Catherine vonHagn
  - Jerry Keeler
- Steuben County Legislature
  - Representatives: Hilda Lando, Fred Potter
- Human Ecology Advisory Committee Rep: Pam Colomaio
- Agriculture/Natural Resources Advisory Committee Rep: Drew Heisey
- 4-H/Youth Development Advisory Committee Rep: Nicole Luckenbach

**CCE Steuben Sources of Financial Support in 2018**

Where does Cooperative Extension get money to operate in Steuben County?

<table>
<thead>
<tr>
<th>Source</th>
<th>Support Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FEDERAL - 19%</strong></td>
<td></td>
</tr>
<tr>
<td>Smith-Lever</td>
<td>$ 12,612</td>
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<tr>
<td>FLESNY SNAP Ed Program</td>
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<td>EFNEP Nutrition Program</td>
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<td>Total Federal Support</td>
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<tr>
<td><strong>STATE - 33%</strong></td>
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<tr>
<td>County Law 224 Formula</td>
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<td>State Fringe Benefits</td>
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<td>Total State Support</td>
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<td><strong>COUNTY - 34%</strong></td>
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<tr>
<td>Appropriation</td>
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<tr>
<td>And Space Allocation</td>
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<tr>
<td>Total County Support</td>
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<tr>
<td><strong>OTHER SOURCES OF SUPPORT - 14%</strong></td>
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<tr>
<td>Enrollment and Program Fees</td>
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<td>Sale of Equip, Printing Reimbursement, Rental Income, Sale of Publications, Fundraising and Dividend/Interest Income</td>
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<td>Special projects (funded by other funds through Cornell University)</td>
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<tr>
<td>Special projects (funded by local agencies or other sources)</td>
<td>$ 71,325</td>
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<tr>
<td>Total Other Sources of Support</td>
<td>$172,201</td>
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</table>

**TOTAL SUPPORT - 100%**
- $1,276,755
The Taste FLXpo and Conference, formerly called the CCE Steuben Local Foods Fest, was held in February at the Corning Community College Commons Building. It featured food trucks, cooking and pairing demonstrations, samples of locally-grown food, wine, and craft beverages, and a farmer’s market of 32 local vendors where guests purchased locally sourced products.

This event was the first large collaboration by Finger Lakes Farm Country, a working group encompassing 10 organizations from five counties, namely Steuben, Schuyler, Tioga, Chemung, and Yates. The event welcomed over 500 attendees and was a great night of education, outreach, and fun.

The Finger Lakes Farm County Conference held just before the FLXpo event focused on the development and sustainability of agritourism in the southern Finger Lakes region. Keynote speaker Dr. Sophie Winter, Assistant Professor of Agribusiness from SUNY Cobleskill, presented “Developing your Entrepreneurship Potential in Agritourism.”

Dr. Winter spoke about how to welcome the public on site and what considerations are needed when pursuing farm diversification. The 75 conference participants also participated in various discussion panels including “The State of Agritourism in the Southern Finger Lakes;” “Being Visitor Ready;” and “Farm-to-Restaurant – Developing connections and building working relationships.”

AGRICULTURE

Agriculture: Farm To School

Cornell Cooperative Extension of Steuben County (CCE Steuben) kicked off their receipt of a NYS Farm to School Grant by hosting a farm to school event at Campbell-Savona Elementary School in Savona in March. During the students’ lunchtime, youth learned about agriculture, met some local producers, and sampled a veggie patty, yogurt, milk and local potatoes. Over 600 students and staff participated, as well as Assemblyman Phil Palmesano, Steuben County Manager Jack Wheeler; Steuben County Chairman Joe Haurski; and Joe Kilmer, Regional Food Service Director at GST BOCES. GST BOCES cafeteria management was key in helping coordinate this event.

Several local farmers set up educational display tables about their products including: Upstate Niagara Cooperative (handing out milk and yogurt), Leo’s Honey House (showcasing beekeeping), Crooked Line Farm and Orchard (showcasing local apple production), and Bluebird Trail Farm (showcasing a diverse agriculture operation). CCE’s Finger Lakes Eat Smart New York program offered the samples of garden vegetable patties, and the school cafeteria added the local potato dish to their menu that day to help celebrate the event and showcase the Farm to School connection.

The event was scheduled during New York State’s Agriculture Literacy Week, a week dedicated annually to celebrate agriculture and foster awareness and appreciation for how food gets to our plate. The 2018 Agriculture Literacy book, Before We Eat: From Farm to Table, by Pat Brisson and illustrated by Mary Azarian, displays the vast opportunities and diversity that New York agriculture encompasses. Students are taken on the journey from farm to table to understand different aspects of agriculture and the many possible careers involved. Volunteers read this book to many Steuben County second graders during the week and donated the book to that school’s library.

CCE Steuben received the NYS Department of Ag and Markets grant to partner with GST BOCES in increasing New York State farm products in school meals across the region. The grant will help CCE Steuben educate farmers in food safety to help them become eligible to sell to schools; educate students about eating local both in and out of school through events like this one and events like Farm City Day; and work to address barriers to successful farm to school programming by connecting farmers and schools. The goal is to increase the amount of local food in the region’s cafeterias.

Campbell-Savona Elementary School has incorporated local foods into their cafeteria by presenting foods in a fun, tasty way through the Harvest of the Month Program. So far this year, local corn, apples, grapes, and potatoes have been featured on the menu.

Agriculture: Finger Lakes Farm Expo

The Finger Lakes Farm County Conference held just before the FLXpo event focused on the development and sustainability of agritourism in the southern Finger Lakes region. Keynote speaker Dr. Sophie Winter, Assistant Professor of Agribusiness from SUNY Cobleskill, presented “Developing your Entrepreneurship Potential in Agritourism.” Dr. Winter spoke about how to welcome the public on site and what considerations are needed when pursuing farm diversification. The 75 conference participants also participated in various discussion panels including “The State of Agritourism in the Southern Finger Lakes;” “Being Visitor Ready;” and “Farm-to-Restaurant – Developing connections and building working relationships.”

AGRICULTURE
Agriculture: Steuben farmers tell the story

As a special feature of the CCE Steuben Centennial year, staff worked with Cornell Communications Specialist RJ Anderson and Multi Media Assistant Jeremy Veverka to create an eight-minute video about Extension’s impact on local farmers. Agriculture has changed over the past 100 years, and CCE has been there through all the changes.

Jonathan Burns, Burns Family Farm, Hornell, said his family farm started in 1966 with his parents, David and Carol. The farm is into its third generation and is an active dairy farm offering milk and crop products. He says he remembers CCE back as a child. “I would see field representatives out on the farm—there would be questions about weeds or cow health issues.” He says he has seen CCE really step out in the area of teaching the public about what agriculture is and what it means to our national economy.

Jonathan Wallace, John R. Wallace Farms, Wallace, says his farm started growing potatoes back in the 1970’s. He says, “Cornell Cooperative Extension does an excellent job if I have questions and want to ask a professor.”

Linwood Ford, Ford Farms, Campbell, says tobacco was his first endeavor back in 1992. “I almost gave up—but they helped me,” he says. He called Cornell and they gave him an application to put on his tomatoes and it worked. CCE Steuben also helped him acquire a hoop house which helps increase his vegetable yield by extending the growing season.

CCE Steuben Executive Director Larkin Podsiedlik says CCE is raising the profile of agriculture in our community. “Our role is staying in touch with the research, and we’re bringing the best to the county.”

Agriculture: Learning where our food comes from

Our Centennial year brought another exciting Farm City Day, this year hosted again by the Moss-VanWie Farm in Canisteo, NY. Cliff and Deb Moss and their family welcomed over 2200 people in September. The farm was structured as a self-guided tour to showcase farming and the importance of agriculture in our community. Children’s games were set up around the farm as well as a corn maze for those “kids at heart” willing to brave the tall stalks and find their way out once again. The event highlighted many local agribusinesses selling local products from the farm market on-site. And many supporters of agriculture attended to share information about local services and opportunities, such as Farm Bureau of Steuben County and Farm Credit East.

On the Thursday before the public event, over 800 elementary students participated in Farm City Day with an educational guided tour of the farm. Students learned where milk comes from, how it’s kept cold before the milk truck picks it up, what cows eat, learned about apples and their nutritional value, how maple syrup is made, and much more.

Hear how three modern day farmers have seen agriculture change and the impact that CCE has had on their farm businesses

Bit.ly/CentennialVideo
The Boots and Clovers 4-H club wanted to learn to sew as one of their year’s projects, and a 4-H educator offered to teach them, but had no sewing machines. So the club borrowed sewing machines from family and friends so the sewing class could begin. After learning the basics of using a sewing machine, the youth began making projects. The final project was a backpack that each modeled in the annual Steuben County Clothing Revue. Other clubs also expressed interest in learning to sew, and now this will become a reality. Three new sewing machines were purchased from the Tyrtle Beach Grant and the 4-H Silent Cake Auction from the Steuben County Fair Cake Contest.

**4-H/Youth: Hands-on life skills**

**4-H/Youth: Partnering with Nutrition**

Healthy Living is a mission of NYS 4-H and Steuben County 4-H: To achieve this objective, 4-H began partnering with the CCE Nutrition programs. In a six-week class, *Cooking Matters for Families*, a school-aged child and a parent partnered together to learn about healthy eating, planning meals as a family, and working together in the kitchen. The class met for two hours, once a week for six weeks and were taught by Nutritionists from CCE Steuben. Lessons covered meal preparation, grocery shopping, food budgeting, and nutrition. Participants practiced basic food skills including proper knife techniques, reading ingredient labels, and making a healthy meal for a family of four on a $10 budget. Teams also took home a bag of groceries after each class so they could practice the recipes taught that day.

**4-H/Youth: Educational Trips**

Road Trip to the Race Tracks was a unique two day program offered by our NYS Region II Horse Program to the world renowned Saratoga Springs Race Tracks, Rood and Riddle Equine Hospital and Clinic, two Museums and a world class breeding Farm. The trip connected 21 4-H youth from five Finger Lakes counties with equine professionals that have successful horse breeding and racing careers. Equine careers discussed in depth were thoroughbred breeding, training, racings, stable management, and veterinary services. Participants sought out answers to questions only folks currently making a living in the industry can truly answer. Exploring equine careers with our youth has many benefits as it also promotes workforce development and economic development throughout the 10.4 billion dollar equine industry of New York State.
Cornell Cooperative Extension of Steuben County

4-H/Youth: Partnering with Agriculture education

Educat[ing people on where their food comes from and the importance the agricultural industry plays in our daily lives is a primary objective of CCE Steuben. In the 2017-2018 program year, the Steuben 4-H Program sought to connect our youngest community members by “visiting” various farms through virtual reality! Through a partnership with National 4-H, Google and Best Buy, Steuben’s 4-H Staff borrowed one of two NYS Google Expedition Virtual Reality Kits to show kids where their food comes from and the process involved BEFORE it gets to the store. The many job opportunities within the field of Agriculture were also key talking points with our teens who participated in afterschool programs. Cloverbud members and youth in Campbell-Savona, Bath and Hornell School districts all utilized the virtual reality headsets and asked loads of great questions and were eager to learn more about Agriculture! On their tours, they visited a dairy farm, a strawberry farm (in California) and looked at what a farmhand and a vet see in their daily routines. In educating youth, it is our hope that they will learn to appreciate all forms of agriculture, support local farmers or even become one!

4-H/Youth: Sharing Beef Knowledge

In the spring a 4-H Beef Clinic was held at the Allegany-Steuben County Holstein Club Barn, Canisteo where 34 4-H members including cloverbud members from Steuben, Chemung and Tioga Counties participated. This clinic was made possible partially by the support of the NYS 4-H Foundation Willman Fund and door prize support from area businesses including M.J. Ward & Son, Inc, Bath; Tractor Supply Company: Hornell, Bath and Painted Post Stores; Wade’s Farm & Home, Inc., Addison; and Country Crossroads Feed and Seeds, Andover. The showmanship portion for members 8 years old and over was instructed by Phil Trowbridge from Ghent, NY. Sabrina Elliott and Julie Reep instructed the showmanship portion for the cloverbud members. The Beef Cuts station was taught by Charlie Painter and Becky Painter of Painter’s Meat Processing. Jason Corey conducted the beef judging/beef parts identification station. Teresa Chapman taught the beef breeds station. The event included a livestock knowledge game station that 4-H member, Ian Chapman, conducted. Some of the life skills that the members’ reported learning at the clinic included communication, marketable skills, teamwork, social skills, critical thinking, leadership, self-motivation, and wise use of resources.

4-H/Youth: Representing Steuben County

This year three Steuben County 4-H members qualified as a member of one of the NYS 4-H Dairy or Livestock Teams to represent NYS in National Contests at the North American International Livestock Exposition (NAILE) in Louisville, KY.

(1) Alyson Chapman, Canisteo Valley 4-H Stars, was selected as a member of the 2018 NYS 4-H Livestock Skillathon Team.

(2) Bryce Warriner, Dairy Dreamers 4-H Club, was selected as a member of the 2018 NYS 4-H Dairy Judging Team to compete in the Invitational Youth Dairy Cattle Judging Contest.

(3) Sara Stierly, Canisteo Valley 4-H Stars, was selected in 2018 as a member of the 2019 NYS 4-H Livestock Judging Team.

The Livestock Skillathon provides youth with the opportunity to blend knowledge and skills acquired in livestock judging, demonstrations, care and exhibition of animals into one activity. Dairy Judging consists of evaluating classes of dairy cattle. Livestock Judging consists of evaluating classes of beef, sheep, swine and meat goats and also includes performance information and scenarios. For both dairy and livestock judging 4-H members answer questions and give oral reasons.
Finance: Teaching America to Save

America Saves Week brings together diverse nonprofits, government, and business groups to encourage and promote good savings behaviors and a chance for individuals to assess their own savings status. CCE Steuben joined forces with the America Saves campaign in order to raise awareness about the importance of saving. As part of this event, they hosted several financial workshops both for participation in person as well as attending classes offered via the internet. The Steuben County Legislature read an official Proclamation proclaiming the week of February 26 through March 2, 2018 as “Steuben Saves Week.”

The highlight of the campaign was the “Pigs on Parade” contest. CCE offered piggy banks to local businesses, agencies and 4-H clubs and collaborated with ServU to offer prizes to the winners. Participants were encouraged to be creative, have fun, and promote their business or organization while encouraging the importance of saving money! The entries were displayed in the County Office Building during the week, as well as on Facebook, and viewers voted for their favorite. It was a very popular event, reaching approximately 15,000 people on Facebook. The winning agency was Tanner’s Paws and the winning 4-H club was Prattsburgh Pioneers.

Finance: Energy Savings

CCE Financial Educator Nancy Reigelsperger and Agriculture Educator Ariel Kirk participated in Earth Day activities at Corning Community College in April. They showed students how to save money with LED bulbs and replenish the earth with new seedlings.

Finance: Empowering Women

The annual Southern Tier Women’s Financial Conference, Financial Education for Women by Women celebrated its milestone fifth year in November with over 100 women in attendance. It was a record breaking crowd.

This one-day conference was established because of the need to empower and educate women in our area about financial matters. Statistically women are a powerful financial force with many serving as chief financial officers of their households. Our goal is to make sure these women are prepared for this position!

Keynote speaker was Amy Irvine of Irvine Wealth Planning Strategies who shared her perspective on the Psychology of Money. Each participant received a copy of Amy’s new book, Uncork Your Finances, which was hot off the press. Additional women speakers addressed relevant topics to finance and health including digital decluttering, stress, side hustles, and estate planning.

The event is organized by Amy Irvine, CCE Steuben Financial Educator, Nancy Reigelsperger, and Nancy Williamson, CEO of ServU Credit Union, Corning. This year the organizers provided four free preview workshops in the months leading up to the conference on the topics of financial service fees, students loans, buying a car and the new tax law.

The 2019 event is already slated for Nov. 16 at the new location of Watson Homestead Retreat Center in Painted Post.
The 12th annual Southern Tier Outdoor Show took place at the Steuben County Fairgrounds in October, again coordinated by Cornell Cooperative Extension of Steuben County. The event ties in with many of CCE Steuben’s programs. The 4-H team showcased local animals and helped kids make take-home bird treats. Our nutrition program promotes regular physical activity such as the numerous outdoor activities that youth participated in at the show like fishing, rope climbing, archery, turkey calling, and old fashioned living history activities. And our agriculture/natural resources program supports agriculture and the environment which parallels with the show’s promotion of numerous tractor and machinery vendors, fishing and hunting seminars, and wildlife shows.

Senator Thomas O’Mara recently stated, “As Chair of the Senate Environmental Conservation Committee and lifelong sportsman, I have been grateful for opportunities to recognize the ongoing resurgence of outdoor recreation. These activities offer a high quality means of exercise, healthier lifestyles and family fun and recreation. It’s clear that more and more New Yorkers are getting outside for a breath of fresh air and a better view—and it keeps adding up to a stronger bottom line foundation of agriculture and tourism. Hunting, fishing, and trapping are deeply rooted in New York’s (and our region’s) culture, experience, and tradition.”
**Nutrition: Making healthy choices**

In March, a total of 100 Glenn Curtiss Elementary School students and their parents gathered at the school for CATCH/Science/STEM Family Night to learn simple and fun ways to make healthy choices. FLESNY provided an opportunity for students and families to be physically active by playing “Physical Activity Tic-Tac-Toe.” Students teamed up with parents to try Stay Active Tic-Tac-Toe, completing exercises such as arm circles and push-ups to place their X or O on the game board. Each participant discovered that exercise can be simple and fun, and doesn’t have to include the use of equipment. Competition among players encouraged some participants to learn new exercises they’ve never tried before, and many participants were willing to teach others about how to properly perform these exercises. “I know how to do knee bends! They’re easy, let me show you”. CATCH Champion and PE teacher, Tom Noteware, led an additional physical activity game called “rock, paper, scissors.” The participants would play each other in a round of “rock, paper, scissors” and the winner would have to run to the next cone while the defeated person would have to run back to the first cone. The cones were green, yellow, and red to resemble GO, SLOW, and WHOA. FLESNY also provided a Rethink Your Drink lesson in which the students spun the “Rethink Your Drink” wheel and answered questions related to sugary beverages. One question asked, “What fruits would you add to a smoothie?” One student answered, “All of them! I love fruit!”

**Nutrition: Kids’ Farmers Markets**

FLESNY Nutritionist Jon Sterlace visited the Addison and Corning Kids’ Farmers’ Markets at the Addison Youth Center and the Southeastern Steuben County Library in Corning for three weeks in August. Addison Youth Center Program Director Emily Hofelich-Bowler and Program Assistant Phyllis Grist shared how much the kids enjoy being able to select fresh produce items each week to take home to their families. “We’ve been getting some nice produce, such as green beans, summer squash, zucchini, really big onions, and more. We appreciate that FLESNY came to offer kids some samples and recipes. Sometimes they like trying new foods.”

Jon used the Parts of the Plant lesson from Great Garden Detective to help kids learn about different roots, stems, leaves, flowers that they eat. The program saw about 80 kids at the Addison site and over 120 each time at the Corning site. The kids voted on the recipe samples, overwhelmingly that they liked them. Southeastern Steuben County Children’s Librarian, Sue McConnell, shared, “Two families tried the Whole Wheat Bowtie Pasta with Zucchini Sauce recipe, then told me they went home and made it for dinner the next day. I noticed many kids were unsure about this dish, but once they tried it, they discovered they liked it. People are always looking for new ways to use veggies in their meals.”

**Nutrition: Stretching food dollars**

A group of seven grandparents, individuals, and moms gathered each week at the Corning Community Food Pantry to learn how to prepare healthy recipes together and to use food pantry ingredients to save money and stretch their food dollars. FLESNY Nutritionists Jon Sterlace and Sara Stamp collaborated with EFNEP Nutrition Educator Pat Lamphier, using the Cooking Matters for Families curriculum, to help everyone learn to prepare recipes such as homemade pizza with vegetable toppings and whole wheat crust, barley and brown rice jambalaya using ground chicken, and veggie patties that included canned salmon and tuna.

In addition to the healthy foods, attendees learned a variety of nutrition tips such as “How much is one cup of fruits and vegetables?” from the portion distortion lesson, and “how many teaspoons of fat are in different fast food choices” during the Blubber Burger activity. Class attendee Joy shared, “I learned to try to cook more often, and I will choose lower sodium options for meals.” Mary, another mom from the group, shared, “I learned healthier ways to prepare meals. I tried several of the recipes at home, including roasted veggies and the fruited cabbage salad.”
**Nutrition: Healthy Eating on Budget**

A group of nine attendees from the DSS Housing Group in Bath participated in a *Cooking Matters at the Store Pop-Up* activity during a FLESNY workshop in September. Class members learned a number of concepts from FLESNY Nutritionist Jon, including how to read unit pricing labels, comparing fresh/frozen/canned fruits and vegetables, how to make half of your grains whole, choosing lower fat protein options, and other strategies to help people save money and still eat healthy when they choose foods to buy for themselves and their families. Two of the women in the workshop shared, “I learned how to read nutrition labels better, and how to save money using unit pricing. I always found it hard to understand how to compare. Now I will do better at that.” As part of the workshop attendees “shopped” with a mock budget of $10 and shared some recipes they would make at home. A male attendee said, “I am still going to use ground beef in some recipes, but I will pick lower fat like 85% lean. When I make chili, I will use less meat, mix in some canned beans to stretch my food further.”

**Nutrition: YMCA Community Garden**

FLESNY Nutritionist Jon Sterlace, FLESNY Regional Environmental Nutritionist Sarah Hess, and FLESNY School and Community Garden Specialist Josh Dolan collaborated with Chemung County FLESNY Nutritionists on a six-week series of garden-based nutrition lessons with a total of 46 youth in the summer program at the YMCA in Hornell, ranging in ages from 1st through 6th grade. The site is blessed with a large garden of raised beds maintained by local volunteers.

The series wrapped up with special activities and snacks for two groups of kids, 4 to 8 years old and 8 to 12-year-old. Taking each group in turn, Jon did a lesson based on the *Great Garden Detective* curriculum, and they discussed the Native American Three Sisters Garden, an interdependent relationship of corn, beans and squash. The principle of interdependency was extended to a “Global Garden,” the concept that we eat both local foods and foods from far away. This was illustrated by samples of a Shamrock Shake using local New York State foods: yogurt, spinach, kale and mint. The kale and mint were picked that morning in the Hornell YMCA’s garden. Then the kids gathered for a quick garden tour by Katherine Griffis, garden coordinator.

The entire series helped kids realize that what they eat is grown, transported, and harvested from various sources. During the first week of the series, they took home a bean seed in a jiffy pot, and were excited to share when their beans sprouted and how big their bean plants had grown each week. Many kids sampled vegetables that they had never tried or liked before. And the YMCA staff expressed plenty of appreciation for the garden lessons and helping kids learn to eat healthy produce.

The Expanded Food and Nutrition Program (EFNEP) has been delivered by Cornell Cooperative Extension since 1969. EFNEP helps low-income families improve their nutritional well-being through a series of hands-on interactive lessons where participants learn to improve their food and physical activity knowledge, skills and behaviors.

Following a recent series, one young mom said, “I learned the importance that fixing nutritious meals is easier than buying convenient items. This program was a great learning experience. I have been trying my very best to eat less sugar and smaller portions. I still struggle with this, but fruits are a very great alternative to processed snacks. The nutrition papers with tips for eating also help a lot. I have also started taking more walks on my free time.”
On February 1, 1918 the Steuben County Farm Bureau was organized. “A Farm Bureau was described as a partnership organization between the farmers of the county and...the College of Agriculture at Cornell, State Department of Agriculture at Albany, and the Federal Department of Agriculture at Washington...for the promotion of better farming.”

During 2018 CCE Steuben has been celebrating 100 years of providing research-based solutions to our county’s farmers and issues. We started with a birthday party in the county office building lobby on February 1, 2018. For the Dairy Festival in June the Agriculture staff decorated a float with a giant birthday cake made out of a round bale of hay. In July we partnered with the Steuben County Farm Bureau for a Chicken BBQ at 1958 prices! Our big Centennial Celebration took place in September at Pleasant Valley Winery in Hammondsport - a fitting location since it is the oldest winery in the Finger Lakes region. The event was complete with dinner, dancing, a successful silent auction, and public proclamations.

Our Centennial Lecture series took place in March, April, June, August, October and November and drew hundreds of attendees. We covered predator wildlife, Steuben County history, teachings of plants, honeybees, adolescent brains and the grape industry.

It was fitting to move into our new office space to begin our second 100 years!