

VOLUME LXXXIV • NO. 8
FEBRUARY 21 - 28, 2003

BRIEFS

Chocolate + Wine = Love

Tourist season got underway in New York wine country last weekend, with the Seneca Lake Wine Trail's annual "Wine & Chocolate" event. The event sold out with 1,600 advance tickets. That same weekend, the Long Island Wine Council and Keuka Lake Wine Trail hosted Valentine's Day weekend events along with several wineries in the different regions (Castello di Borghese on Long Island, Casa Larga, Sheldrake Point and Wagner in the Finger Lakes, and Warm Lake Estate in Niagara County). Events like these have essentially doubled the duration of the tourist season. It used to be from Memorial Day to Columbus Day, but now runs from mid-February through the end of the year. Between 1985 and 2000, visitors to New York wineries increased seven-fold from fewer than 400,000 to nearly 3 million, and the numbers have kept going up in the past couple years. Winery visitors also buy gas, eat in restaurants, patronize gift shops, stay in Bed & Breakfasts, and otherwise boost the state and local economies with lots of spending and sales taxes—the famous "multiplier effect." Public officials are increasingly aware that wine is a catalyst for economic growth.

Eating Chocolate is GOOD for YOU

Moderate chocolate consumption appears good for your heart (not to mention your soul), according to a recent study from the University of California published in the Journal of the American Dietetic Association. This is one of many studies indicating that chocolate may be part of a heart-healthy diet due to naturally occurring flavanols which provide cardiovascular and other health benefits. Flavanols are believed to support healthy immune response, exhibit

(Continued on page 2)

Agricultural Research Collaboration with Vietnam

In the fall of 2002, Cornell's College of Agriculture and Life Sciences signed a Memorandum of Agreement (MOA) with the National Institute for Plant Protection (NIPP) in Vietnam to establish a long-term collaborative program in research, technology transfer and capacity building in agriculture. NIPP is based in Hanoi and is the lead institute for plant protection in Vietnam. As the result of two visits by Tony Shelton, the Associate Director of CALS International Program, Cornell is the first US institution to sign an MOA with NIPP.

The goals of research activities are to:

- Enhance researchers' skills and expand their knowledge in their technical domain.
- Institutionalize methodologies for research.
- Develop and carry out appropriate collaborative research programs.

The goals of the technology transfer are to:

- Provide training in designing and conducting on-farm experiments in traditional and developing agricultural methods.
- Institutionalize research planning to improve communication between researchers and their peers, government agencies, extension agents, and rural clients.

The goals of the educational mission are to:

- Train Vietnamese and US students at the MSc and Ph.D. level through course work at Cornell and in Vietnam.

The agricultural crops involved in the collaborative programs will be focused on vegetables, potato, fruit trees and other crops for which NIPP and Cornell have overlapping expertise. Additional overarching activities will be focused on the areas of soil health, biological control, agricultural biotechnology, development and implementation of tools for pest management, pesticide resistance, extension programming and distance learning courses. The activities will be focused on disciplines involved in plant protection and IPM (including but not limited to plant breeding, entomology, plant pathology, weed science, horticulture, agronomy, education, communication and rural development).

In order to reach these goals, several types of collaboration have been proposed including: short-term scientific exchanges and workshops, teaching of courses, as well as long-term research and outreach activities. Both CALS and NIPPP acknowledge the importance of identifying and obtaining funding to accomplish these goals and the MOA should be considered a first step in what both institutions hope is a long term collaboration.

For additional information about the program, please contact Tony Shelton (ams5@cornell.edu).



Tony Shelton

(BRIEFS, continued)

anti-inflammatory properties, act as potent antioxidants, and inhibit the oxidation of lipids (LDL-the bad cholesterol). The beneficial effects on platelets appear similar to aspirin (but chocolate tastes a lot better). In a wonderful statement, the authors said that including moderate amounts of chocolate may allow for greater "palatability of an individual's meal plan, while still promoting cardiovascular health."

Years ago, another California study indicated that wine and chocolate consumed together created a synergistic benefit as well. (Who says there's no good news?) Alas, as with wine, Americans lag behind Europeans in chocolate consumption, but not by as large a margin: The average French person consumes over 7 times the amount of wine (about 75 bottles per year, or a 5-ounce glass per day) as the average American (only 10 bottles per year, or less than one glass a week), while the chocolate-loving Irish (27 pounds per person per year) consume three times the 9-pound American level. And Americans have more heart disease.

WALK AMERICA 2003



When you join March of Dimes WalkAmerica, you give babies born prematurely a fighting chance. Not ready to meet the world, many of these babies struggle just to survive. The funds you raise (or give) support lifesaving research and innovative programs.

This year, the March of Dimes WalkAmerica will be held on Sunday, May 4, registration at noon, and the Walk begins at 1:00 p.m. at the Seneca Lake State Park.

If you're interested in participating in the walk (at the lake on an especially nice day) or in giving to this cause, please contact me! I will provide you with a registration card and more information.

Those of you who have participated in previous Walks should have received registration material at home. Please be sure to indicate you are on the Geneva Experiment Station team. Also, please let me know if you plan to Walk this year so I can include you on the Station list of participants.

THANK YOU!!!

Kathy DeRosa, x2236, kad2

Some Like It Hot!

The snow was falling at a pretty good pace, and it was windy and downright cold—the perfect sort of day to warm your insides with some hearty chili, or in this case, 16 varieties if you elected to do so. The day was Friday, February 7; the time, High Noon; the occasion, the Sixth Annual Barton Lab Chili Cook-Off. By 10 minutes after the hour, the foyer of Barton, which was decorated with string lights of multi-colored



The foyer of Barton Lab was packed with hungry people who sampled a variety of chilis and voted for their favorites.

plastic chili peppers, was packed elbow-to-elbow with employees, spouses and retirees sampling varieties of chili that you will never find on the grocery store shelf.

Below is a list of the participant/chefs and their entries:

- Malcolm Bourne**—Soychil Chili; **Megan Kennelly**—Lentil Chili and Sweet Potato Chili; **Gregg & Cathy Heidenreich**—Belgian Chili; **Pat Wallace**—Mild Chicken Pumpkin Chili; **David Gadoury**—Vegetarian Chili with Meat; **John Ludwig**—Guatemalan Sundried Tomato Chili; **Paul Robbins**—I Don't Want To Make Chili Chili; **Kris Silver**—Grandma's Old-Time Sweet Chili; **Roumen and Diana Penev**—Rodop Chili; **Peter Cousins**—Texas Blackeye Chili; **Wayne Wilcox**—Back to Basics Chili; **Holly Lange**—Hot Chili; **Ralph and Linda D'Amato**—Trash Plate Chili; **Tom and Judy Burr**—Red Chili Apple Pie; and **Janet Chen**—Bon Appetit Chili.



Wayne Wilcox dressed for the occasion in a shirt adorned with artwork depicting various hot sauces.

Roumen and Diana Penev, Plant Pathology, from Bulgaria, had never heard the term "chili," but, according to Roumen, "We make in Bulgaria a very similar dish—a traditional recipe in our country called *bob po pomashke*." Roumen said that this can be generally translated as "somebody is making the bean in this way." The name they used for their dish, however – 'Rodop' Chili – was chosen because "Americans seem to prefer a shorter name for things," he said. "And Rodop is a region of my county where they grow and produce a very good bean." Roumen and Diana list the ingredients as: pork neck bones (removed before serving), beans, tomato, onions and some special spices. "Two of these we could not find here and instead of chili powder we use *paprika*," Roumen said.

Probably one of the most unusual entries (and a prizewinner) was "Red Chili Apple Pie" – apple pie baked with chili powder. Other entries included some unusual ingredients, unusual for chili anyway – pumpkin in one, Brussels sprouts in another and sweet potatoes in yet another.

The annual chili cook-off is the brainchild of Tim Widmer and Frank Wong, former graduate students in George Abawi's and Wayne Wilcox's programs, respectively. —The tradition has been carried on by various ad-hoc committees since then. This year, Amy

(Continued on p. 3)

(CHILI, continued)

Andersen

“chaired” the group comprised of John Ludwig, Megan Kennelly, David Gadoury, Cathy Heidenreich, Janice Valerio, Linda D’Amato, Peichen Chen, Kyurang Kim, and Paul Robbins.

Forty-eight people sampled entries and voted this year according to Amy Andersen . . . and the winners were:

Best Chili with Meat:

1st Place: Linda and Ralph D’Amato

2nd Place: Peter Cousins

Best Vegetarian Chili:

1st Place: Megan Kennelly

2nd Place: Gregg and Cathy Heidenreich

Most Creative Chili:

1st Place: Tom and Judy Burr

2nd Place: Janet Chen

Amy said that she was pleased with the turnout and added that “the only missing ingredient was Beano, but there’s always next year.”



Janet Chen marks her ballot.

J. Ogradnick

Megan Kennelly’s “Pinto Bean and Sweet Potato Chili”

[from <http://www.fatfree.com/recipes/chili/>]

Megan says: “I basically tripled this recipe for the Barton cook-off. I then tweaked a few things and added some orange bell pepper, and some mashed chick peas to thicken the chili. But this is the basic idea.”

INGREDIENTS

- olive oil
- 1 medium onion, chopped
- 2 teaspoons chili powder
- 1 cup canned vegetable broth or water
- 1 10-ounce red-skinned sweet potato (yam), peeled, cut into 3/4-inch cubes
- 1 14 1/2- to 16-ounce can stewed tomatoes (cut the tomatoes into smaller bits if necessary)
- 1 15- to 16-ounce can pinto beans, drained
- 3 tablespoons chopped fresh cilantro
- 1 1/2 teaspoons grated orange peel

METHOD

Heat oil in heavy medium sauce-pan over medium-high heat. Add onion and saute until golden brown, about 5 minutes. Add chili powder and stir 1 minute. Add broth and potato. Cover pan; reduce heat to medium and simmer until potato is almost tender, about 10 minutes. Add tomatoes with their juices and pinto beans. Simmer uncovered until chili thickens and potato is very tender, about 10 minutes. Mix in cilantro and orange peel. Season to taste with salt and pepper and serve.



Chilly outside – Chili inside. Richard Rosenfield and Paul Robbins sample chili and chat against the snowy backdrop of Barton Lab’s parking lot.

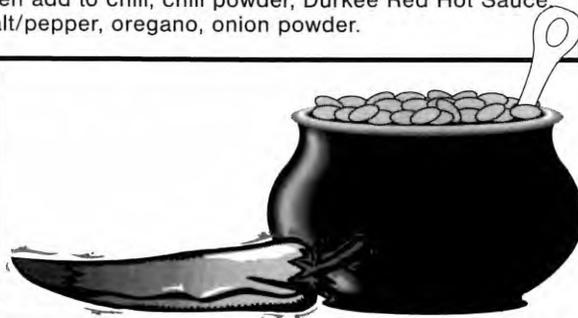
Peter Cousins’ “Texas Blackeye Chili”

- 1 cup dry black eyed peas
- 1 lb Bob Evans Zesty Hot Sausage
- 3 medium sized yellow onions
- 3 good sized shallots
- 1 cup water, maybe a little more
- 28 oz can Contadina Crushed tomatoes with Roasted Garlic
- 10 oz can Ortega enchilada sauce
- 1 tbsp chili powder
- 1 tsp alaea sea salt

Put the blackeyes in a pot with about 8 cups of cold water, cover and bring to a boil. Turn off the heat and let the blackeyes sit, covered, in the hot water for five or so minutes, then drain the blackeyes. Brown the sausage in a frying pan. Cut up the onions and shallots and add to the browned sausage, stir around a little bit. Into a big pot put the blackeyes, the sausage with onions and shallots, one cup of water, maybe a little more, the crushed tomatoes, the enchilada sauce, the chili powder, and the alaea sea salt. Bring to a boil and then reduce heat, cook on medium low or so, for about an hour.

The D’Amatos “Trash Plate Chili”

- 3 cans light red kidney beans, drained and rinsed
- 2 cans Delmonte meat flavored spaghetti sauce
- 1 jar Ragu meat flavored spaghetti sauce
- 2 cans Contadina Recipe Ready diced tomatos, italian herbs
- 1lb. mild italian sausage baked and then cut into small pieces and add to chili
- 2lbs. ground beef fried with onions and peppers and then add to chili, chili powder, Durkee Red Hot Sauce salt/pepper, oregano, onion powder.



CALENDAR of EVENTS

FEB. 21 - 28, 2003

MEETINGS

CHAIRS' & UNIT LEADERS'

Date: Wednesday, February 26, 2003
Time: 2:00 PM
Place: G-19, Hedrick Hall

SEMINARS

PLANT PATH

Date: Tuesday, February 25, 2003
Time: 9 AM
Place: Room A133, Barton Lab
Subject: Virus Infection of Bell Pepper: Understanding Virus Movement and Plant Resistance
Speaker: Dr. John Murphy, Auburn University

Date: Tuesday, February 25, 2003
Time: 3:30 PM (Coffee at 3 PM)
Place: Room A133, Barton Lab
Subject: Agriculture in Yates County, with an Emphasis on Produce and Greenhouse Diseases
Speaker: Judson Reid, Yates County CCE

HORT SCIENCE

Date: Monday, March 3, 2003
Time: 11 AM
Place: Jordan Hall Staff Room
Subject: Measuring and Modeling Water Fluxes Through the Soil-plant-Atmosphere Continuum in Apples and Grapes in Humid and Cool Climates
Speaker: Danilo Dragoni, Geneva

FITNESS

Aerobics

Date: Mon. & Fri.
Time: 12:10 - 1 PM
Place: Sawdust Cafe

Taekardio

Date: Mon. & Wed.
Time: 12:10 - 1 PM
Place: Jordan Hall Auditorium

CLASSIFIEDS

FOR RENT: Two bedroom apartment on North Main Street is available. Partially furnished. Preferably non-smokers and no pets. Call 315-789-7239 after 7:00 PM or e-mail kw22@cornell.edu

FOR RENT: Large 1 bedroom apartment, walking distance from Station. \$500/month plus electric. Security deposit required. Contact dbc10 or 781-1808.

**THE AMERICAN RED CROSS OF THE FINGER LAKES PRESENTS
 MURDER AT THE MARDI GRAS
 DINNER THEATRE**

FRIDAY FEBRUARY 28, 2003
 RAMADA INN, GENEVA
 6:30 PM-HORS D'OEUVRES • 7:00 PM-DINNER
 \$50/PERSON PRE SALE • \$55/PERSON AT THE DOOR
QUESTIONS?
 315-789-1522 or 315-568-9436
 For tickets, contact Betsy Bihn at x2625 or eab38



SAVE THE DATE

**Station Club
 BOWLING PARTY
 March 1, 2003**

**V & B
 Gala Dinner &
 Premier Wine
 Auction
 April 4, 2003**

CASA LARGA VINEYARDS, IN
 FAIRPORT, NY

More information about the event will be posted at <http://www.nysaes.cornell.edu/fst/vb> as it becomes available.

For tickets, contact Nancy Long at npl1@cornell.edu

American Cancer Society Daffodil Days

It's that time of year again to think spring and order your daffodils to support the American Cancer Society. The Daffodil Sale will run this year until March 5 and delivery will be made sometime the week of March 24.

You may purchase a potted daffodil plant for \$10.00, a bunch of 10 fresh-cut daffodils for \$7.00 and a vase for your flowers for \$8.00.

Please see one of the following Station staff to place your order.

Jordan Hall-Kathy DeRosa Hedrick Hall-Kathy Morabito
 FST-Debby Ditzell Barton Lab-Janice Valerio

Surprise a friend or a loved one with a spring bouquet and support the efforts of the American Cancer Society!



garden scape
 2003
Think Spring.

Tickets are available for GardenScape 2003

GardenScape 2003 - The Rochester Flower & Garden Show will be held at The Dome Center, 2695 East Henrietta Road in Henrietta, NY, March 20 - 22, 9:00 AM - 9:00 PM, and March 23, 9:00 AM - 5:00 PM.

Tickets: Adults, \$10 Children 6-12, \$4; 5 and under, free
 Show Series, \$15

Seniors, \$8 on Thursday, March 20, only

See Amy Andersen at A103 Barton Lab by March 17 to purchase advance sale tickets @ \$8.00 each. Children's tickets must be purchased at the door because there is not a discount. Please make your check payable to Station Club.