

# ANIMAL AMBASSADORS

## ABOUT THE PROGRAM

Saratoga County 4-H created the Animal Ambassadors program in 2020-2021 after receiving a small grant from the Stewarts Holiday Match Grant. This educational program was designed to provide youth interested in animal science and animal industries the opportunity to gain real-life skills that will translate into higher education or employment. The Animal Ambassador programs main priority is to create youth leaders that will not only grow in animal science knowledge and experiences, but raise youth with confidence, independence, and motivation.

Youth participants attend meetings once a month with an industry professional such as veterinarians, farm owners, animal nutritionist. Throughout the year Animal Ambassadors tour various businesses related to animal industries and complete projects such as essays, research, and presentations. Each Animal Ambassador must complete two community engagement opportunities such as presenting an animal science topic in schools or at a library or volunteering at an animal related non-profit, like an Animal Shelter.



If an Animal Ambassador completes all of his/her expectations for the year they are invited to attend a weekend trip to tour farms, vet clinics, and other animal science related businesses or organizations. Last year, the Animal Ambassadors went to Lake Placid where they visited farms, vet clinics, and a dog sledding kennel.

Most importantly, Animal Ambassadors has remained free for all participants, including the weekend long trip. It is important for this program to remain free for participants because it allows them free choice to participate. Our Animal Ambassadors identify with their leadership role in our community, and put in the work to participate in these worthwhile experiences. To continue this program, we are seeking sponsorships from businesses across Saratoga County. Saratoga County 4-H would like to continue to create this free opportunity for our youth and we need your help. Please consider helping us not only teach youth about animal science but also raise youth to be fearless leaders.

**PROGRAM SEEKING SPONSORSHIP** - The Saratoga County 4-H Animal Ambassador program is seeking out community support in hopes of continuing this program for free for participants. Please consider supporting this important educational opportunity. Sponsors can donate at Bronze, Silver, Gold and Platinum levels. ALL the proceeds go directly to support this program and the youth involved.

If you have questions about this program or are interested in becoming a sponsor, please contact Brianna Hughes at [BH548@cornell.edu](mailto:BH548@cornell.edu) or 518-885-8995.



Photo: 2010 CCE Saratoga Adult Tractor Safety Class

# ADULT TRACTOR SAFETY CLASS

Cornell Cooperative Extension of Saratoga County is offering a Tractor Safety Course on Saturday, **April 30, 2022** from **10:00 AM to Noon** at the **4-H Training Center, 556 Middleline Road, Ballston Spa.**

This program is intended for adult audiences. Statistics reveal that farming and operating equipment is a hazardous and dangerous work. You can help reduce your risk of an accident by attending this informative session. The program will begin at 10 AM with a presentation from the Bassett Healthcare Network followed by an opportunity to be hands-on with some equipment. This class is for the part-time farm owner; the person who has a 9-5 job and fills their weekend taking care of the animals and the back 40 acres.

To register, please call the CCE office at 518-885-8995. This class is FREE and open to the public. For more information, contact Nicolina Foti, [nvf5@cornell.edu](mailto:nvf5@cornell.edu).

*If you have special needs to participate please let us know at the time of registration. Cornell Cooperative Extension is an equal opportunity employer and programmer.*

## 4-H TRACTOR SAFETY

The Capital District 4-H would like to welcome all area youth who are 14 years and older, to participate in the 2022 Capital District 4-H/HOSTA Tractor Safety Program. This program is a great opportunity for youth who currently work on farms or around machinery, those who will be seeking employment on a farm, or anyone who would just like to learn more about farm and machinery safety. Participants will gain hands-on experience with a variety of equipment including tractors and implements, skid steers, ATVs and chainsaws. They will also visit a variety of agribusinesses, and receive HOSTA certification upon successful completion of the program.

Orientation for this year's event will be via Zoom on April 7th at 6:30 PM.

For more information, please contact your local Cornell Cooperative Extension Office. Saratoga County youth contact Leland at [glb76@cornell.edu](mailto:glb76@cornell.edu) or (518) 885.8995



## CAR SEAT CHECK BY APPOINTMENT-ONLY

Car Seat Check Events are held regularly with certified technicians and CCE Saratoga's Occupant Protection Specialist Cynthia Dort.

The next event is March 9th at Saratoga Honda. Technicians will be available from 4:30 PM—7:30 PM. Call the CCE Saratoga Office to schedule your appointment. (518) 885-8995.

Cynthia Dort can be reached at [cjds53@cornell.edu](mailto:cjds53@cornell.edu) to answer any of your questions or concerns.

## DIABETES SUPPORT GROUP ONLINE

Cornell Cooperative Extension will host an informal support group via Zoom for people with diabetes or prediabetes. The program will meet the first Friday of each month. The next online event is Friday, March 4th, at 12 PM.

Individuals can join by registering from a smartphone or by contacting Diane Whitten at [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu) or (518) 885-8995



There is no fee for the support group. Topics will vary and may be based on the interest of the group.

## BOARD OF DIRECTORS MEETING

The Cornell Cooperative Extension of Saratoga County Board of Directors Meeting is open to the public. Saratoga County residents 18 years of age or older are eligible to attend.

The next meeting is March 10th at 7:00 PM available via Zoom or in-person.

For additional information or Zoom link contact Wendy at [wlm8@cornell.edu](mailto:wlm8@cornell.edu).



## THE GAME OF LOGGING

Cornell Cooperative Extension of Warren County, NY is proud to announce three logging workshops.

All workshops will go from 7:30 am - 5:00 pm and will be held at the property of Gary Flint, 7168 Antioch Rd (southeast corner of Antioch and Clark Roads) in Middle Grove, NY.

Please bring a lunch, chainsaw, and safety equipment (hard hat/shield, hearing protection, chaps, steel toe boots). Rain or Shine. Due to a generous grant from International Paper cost per person, per class is only \$45.00. Pre-registration is required. There will be no refunds if canceling less than 5 days prior to a given class.

For more information or to register, please contact Dan Carusone by email at [djc69@cornell.edu](mailto:djc69@cornell.edu) or by phone at (518) 623-3291.

- The Game of Logging Level 1 – Wednesday, April 27
- The Game of Logging Level 2 – Thursday, April 28
- The Game of Logging Storm Damage Response – Friday, April 29

## SURVEY FOR VEGETABLE GROWING FARMERS

### Researchers at Cornell University want to hear from YOU!

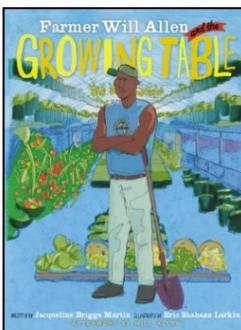
Cornell University researchers are trying to understand how your social connections - cooperation with fellow farmers, family, local government etc. - have influenced your farming and marketing operations since the pandemic. They believe this will help them understand how to strengthen community responses to local food systems in times of economic shock. As a **producer of diversified vegetable crops in the State of New York**, your insight will be immensely helpful.

Participate in the [research survey](#) and get a chance to win a \$15 Amazon Gift Card.

**Questions?** Contact Shriya at (607) 279-6902 / [sr2248@cornell.edu](mailto:sr2248@cornell.edu)



## AG LITERACY WEEK: VOLUNTEERS NEEDED



From March 21-25, 2022, in celebration of New York Agriculture, volunteers throughout New York State will read a book with an agricultural theme to elementary students.

Volunteers from our community will read to elementary classrooms across Saratoga County in an effort to increase Agricultural Awareness. Agricultural Literacy Week is a celebration of our county's heritage and our number one industry that works to produce healthy, local food 365 days a year!

We need YOUR help as volunteer readers to visit local classrooms and read to the students. All materials and directions will be provided to you. Please contact the 4-H office to sign up at 518-885-8995. We could not run this program without the help of our volunteers. No experience is necessary!

## AG LITERACY WEEK RUNS MARCH 21-25, 2022

For more information visit: [Agricultural Literacy Week \(agclassroom.org\)](http://Agricultural Literacy Week (agclassroom.org))





EPA's Lead Renovation, Repair and Painting Rule (RRP) Rule requires that firms performing renovation, repair and painting projects that disturb lead-based paint in homes, child care facilities and pre-schools built before 1978 be certified by EPA (or an EPA-authorized state), use certified renovators who are trained by EPA-approved training providers and follow lead-safe work practices.

Cornell Cooperative Extension Albany County is now offering FREE real-time online EPA Certified Renovator trainings via Zoom. The lecture portion is online. However, the course hands-on activities and test must be completed in person within 30 days of the online lecture.

Registration for both sessions is required.

[Participants must pre-register.](#)

[View EPA Lead Training flyer](#)

## EPA CERTIFIED RENOVATOR TRAINING

### EPA Certified Renovator Initial (RRP I)

March 8, 2022 Online via Zoom 8:00 am – 2:30 pm  
 March 23, 2022 Online via Zoom 8:00 am – 2:30 pm  
 March 29, 2022 Online via Zoom 8:00 am – 2:30 pm

### EPA Certified Renovator Refresher (RRP R)

March 16, 2022 Online via Zoom 8:00 am – 11:00 am

For more information:

Alex at 518-765-3529 / [ARK249@cornell.edu](mailto:ARK249@cornell.edu)

OR

Nancy at 518-765-3521 / [NKL1@cornell.edu](mailto:NKL1@cornell.edu)

## ENYCHP APPLE PRUNING MEETING

**March 11, 2022 1:30 PM - 3:00 PM Bowman Orchards, 147 Sugar Hill Road, Rexford**  
*(Follow the signs to the farm store, park in the main, parking lot, and meet at the red farm market)*

Cornell Cooperative Extension ENTCHP tree specialists are pleased to offer an in-person pruning meeting. Dr. Terence Robinson will be joining us to demonstrate his pruning techniques for young and mature tall spindle trees, and will walk us through his precision pruning protocol to reduce crop load early in biennial bearing varieties like 'Honeycrisp' and 'Fuji'.

Registration is not required. We will send out an 3-Alert the day before if we need to cancel due to inclement weather. Please contact Mike Basedow with any questions at (518) 410-6823 or email [mrb254@cornell.edu](mailto:mrb254@cornell.edu).



## APPLE ROOT TO FRUIT (R2F)

**March 1, 2022 11:00 AM - 4:00 PM**

Webinar for apple growers, extension educators, and crop consultants. This free webinar will provide an opportunity to learn new findings on rootstock and nutrition for managing 'Honeycrisp' and other high-value varieties in the Pacific Northwest and Eastern U.S. This webinar will be a one-day workshop focusing on the advances in nutrition and rootstock research and the applications of new designer rootstocks suited for specific climates, soils, cultivars, and planting systems in the U.S. [Register online.](#) You may also register by contacting Emily Warrington at 518-828-3346 x209.



## BIOLOGICAL ORCHARD IPM TACTICS WEBINAR

**March 14, 2022 1:30pm - 3:00pm**

Julianna Wilson of MSU Extension will present on mating disruption and biological insecticide options, while Dr. Kerik Cox will review what's available for biological control of diseases.

[Register for webinar.](#)

Contact Mike Basedow with any questions: 518-410-6823 or e-mail at [mrb254@cornell.edu](mailto:mrb254@cornell.edu).

# FARMER RESOURCE GUIDE

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## **FARM CREDIT**

(518) 692-0269  
394 State Rt 29, Greenwich, NY 12834-2650

Provides Farm Loans and Agricultural Finance Services

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## **SARATOGA COUNTY SOIL AND WATER CONSERVATION**

(518) 885-6900  
50 West High Street, Ballston Spa, NY 12020

Agricultural Exemptions, Erosion Control Assistance, Fish Stocking Program, Soil Information and Maps, and much more.

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## **FARM BUREAU**

(518) 436-8495 or (800) 342-4143  
159 Wolf Road, Suite 300  
Albany, NY 12205-0330

Solving economic and public policy issues challenging the agricultural industry

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## **NEW YORK STATE AGRICULTURAL MEDIATION PROGRAM**

(866) 669-7267  
4 Pine West Plaza #411, Albany, NY 12205

Help farmers identify and create their own solutions to family and business challenges and conflicts

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## **NY FARM NET**

(800) 547-3276  
Cornell University, Warren Hall, 350  
Ithaca, NY 14853

Providing farmers assistance in all aspects of business transfers

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## **SARATOGA PLAN**

(518) 587-5554  
112 Spring Street, Room 202  
Saratoga Springs, NY 12866

Helping landowners conserve their farmland, woodlands and natural habitats to sustain the county's "quality of place" and the environment, economy, and public health

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## **CORNELL SMALL FARMS**

(607) 255-9227  
Cornell University, Plant Science Bldg, G15A  
Ithaca, NY 14853

Since 2001, the Cornell Small Farms Educational Program fostered programs that support and encourage the sustainability of diverse, thriving small farms.

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## **AMERICAN FARMLAND TRUST**

(518) 581-0078  
112 Spring Street, Suite 207  
Saratoga Springs, NY 12866

Protect farmland, Promote Sound Farming Practices, and Keep Farmers on the Land

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## **FARMLAND for a NEW GENERATION**

(844) 737-6506  
[fngny@farmland.org](mailto:fngny@farmland.org)

A program coordinated by American Farmland Trust—in partnership with the State of New York, agricultural organizations, land trusts, and others—that helps farmers seeking land and landowners who want to keep their land in farming.

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## **CORNELL COOPERATIVE EXTENSION**

**Saratoga County**  
(518) 885-8995  
50 West High Street, Ballston Spa, NY 12020

The association is part of the national cooperative extension system, an educational partnership between county, state and federal governments. As New York's and grant university, Cornell administers the system in this state. Each county extension office provides researched based information and programming to the public.

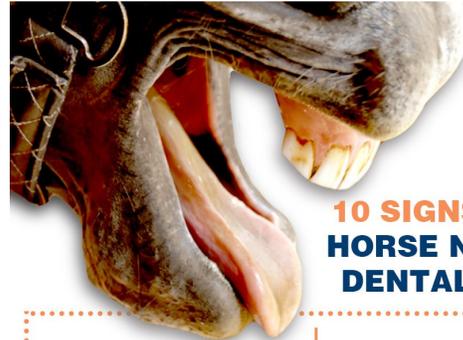
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## Equine Dentistry is not just about “floating teeth”

Equine dentistry is not just about “floating” teeth. Dentistry is a veterinary discipline that, besides treating the mouth and teeth, also includes the associated structures of the head – for instance the sinuses – and the effect of dental diseases on the health of the rest of the body. That is why all horses should have a veterinarian perform an oral and dental examination at least annually (or more frequently based on the needs of the individual horse.)

Remember: just because your horse is not showing any obvious symptoms of dental disease, it does not automatically mean that all is well with your animal's oral health. Horses simply adapt to their discomfort and most horses with dental problems will show no noticeable signs at all, until the disease is a serious source of pain and infection that can affect the animal's overall health.

Contact your horse doctor today to discuss a dental examination for your equine friend, and prevent more painful and costly problems later!



### 10 SIGNS YOUR HORSE NEEDS A DENTAL EXAM

Dropping feed

Losing weight

Suddenly not eating hay or grain

Soft or hard asymmetric swelling

Quidding (dropping clumps of hay)

Fussy with bridle (resistant in one side)

Eating with head tilted to one side

One sided nasal discharge with an odor

Salivating more than normal

Mouth odor

Prevent more painful and costly problems later by having your veterinarian perform regular dental exams on your horse!

## SAVE THE DATE

The wait for the Saratoga Horse Symposium is almost over! CCE Equine is excited to host our Saratoga Horse Symposium on May 14th at the 4-H Training Center in Ballston Spa, NY. This exciting educational event is a celebration of the horse for new, aspiring, and experienced horse owners and professionals. Registration for general admission, vendors, and sponsors will be opening soon. General admission for the Horse Symposium includes entry to a large used tack sale, vendors, and all clinics, and seminars. Tickets per adult are \$15 for the day, youth, 18 years of age and younger, are \$5 and 4-H youth members are free! Come and go as you please all day from 8:30-4:30pm.

The Horse Symposium has been dedicated to offering quality equine experiences for over 20 years. In the past, industry leading veterinarians, trainers, and experts have joined us to offer a diverse offering that can be applicable to most equine disciplines. In between seminars and demonstrations participants can enjoy food concessions, bid in a silent auction, browse our vendor room, and enjoy a used tack-sale fundraiser for the Saratoga County 4-H program.

The graphic features a blue background with a white silhouette of a horse's head in the top left corner. The text "CCE EQUINE" is written in white, with "CCE" in a larger font and "EQUINE" below it. To the right, "Saratoga County" is written in a smaller font, and "HORSE SYMPOSIUM" is written in a large, bold, white font. Below the text is a photograph of two horses running through a misty or dusty environment. In the bottom right corner, there is a white calendar page showing "May 14th 2022". At the bottom of the graphic, the words "SAVE THE DATE" are written in a large, white, serif font.

**INTERESTED IN BEING A VENDOR OR SPONSOR** for this anticipated event? Vendor and Sponsor applications are available. If you would like your business to be added to the email or mailing list, please call our office at 518-885-8995 or email [bh548@cornell.edu](mailto:bh548@cornell.edu).

# BREEDING SEASON FOR COYOTES

The months of February and March are breeding season for New York's coyotes! Did you know that coyotes are monogamous and form long-term pair bonds? Research has found that coyotes are remarkably faithful to their mates, typically remaining together until the death of one of the pair.

During this time of the year, coyotes are especially active as they mate and begin to set up dens for pups that will arrive in the spring. They also tend to be more territorial, which can lead to more conflicts with people and pets. Following simple steps like removing potential food sources (pet food, garbage, bird feeders), supervising pets outside and walking dogs on a leash all help to reduce the risk of conflicts occurring. If you see a coyote, make yourself big and loud and do not attempt to approach. For more information on coyote encounters, read below.



## COYOTE ENCOUNTERS

A coyote that does not flee from people should be considered dangerous. Coyotes in residential areas can be attracted to garbage, pet food, and other human-created sources of food. Coyotes can associate people with these food attractants. In some cases human behavior is perceived to be non-threatening by coyotes (running into your home after seeing a coyote is behaving like prey). In short, people may unintentionally attract coyotes with food and people may behave like prey. Add to the mix people intentionally feeding coyotes and the potential for a coyote attack becomes very real.

How to handle coyote encounters:

- Do not let a coyote approach anyone.
- If you see a coyote, **be aggressive** in your behavior-stand tall and hold arms out to look large. If a coyote lingers for too long, then make loud noises, wave your arms, or throw sticks and stones.
- Contact your local police department and DEC regional office for assistance if you notice that coyotes are exhibiting "bold" behaviors and have little or no fear of people.
- Teach children to appreciate coyotes from a distance. Children are at greatest risk of being injured by coyotes. If a coyote has been observed repeatedly near an area where children frequent, be watchful.

Potential does exist for coyote attacks in New York. However, a little perspective may be in order. On average, 650 people are hospitalized and one person killed by dogs each year in New York State. Nationwide, only a handful of coyote attacks occur annually. Nevertheless, these conflicts are bad for people, pets, and coyotes.

## MAKE YOUR YARD LESS HOSPITABLE

Unintentional food sources attract coyotes and other wildlife, as well as increase risks to people and pets.

To reduce risks:

- Do not feed coyotes and discourage others from doing so. Visit our [Do Not Feed Wildlife: Why Feeding Wildlife Does More Harm Than Good](#) page.

- Do not feed pets outside.
- Make any garbage inaccessible to coyotes and other animals.
- Eliminate availability of bird seed. Concentrations of birds and rodents that come to feeders can attract coyotes.

## PROTECT YOUR PETS

Take action:

- Do not allow coyotes to approach people or pets.
- Do not allow pets to run free. Supervise all outdoor pets to keep them safe from coyotes and other wildlife, especially at sunset and at night.
- Fencing your yard may deter coyotes. The fence should be tight to the ground, preferably extending 6 inches below ground level, and taller than 4 feet.
- Remove brush and tall grass from around your property to reduce protective cover for coyotes. Coyotes are typically secretive and like areas where they can hide. See our [Tips to Eliminate Wildlife Conflicts](#) page for more information.
- Be alert of your surroundings and take precautions such as carrying a flashlight or a walking stick to deter coyotes.

## Dogs

Do dog owners need to be concerned about coyotes? The answer is maybe. Conflicts between dogs and coyotes can happen any time of the year, but are more likely in the months of March and April. It is during this time that coyotes are setting up their denning areas for their soon-to-arrive pups. Coyotes become exceptionally territorial around these den sites in an attempt to create a safe place for their young. In general, coyotes view other canines (dogs) as a threat. Essentially, it comes down to a territorial dispute between your dog and the coyote. Both believe that your yard is their territory.

Owners of large and medium sized dogs have less to worry about, but should still take precautions. Owners of small dogs have cause for concern. Small dogs are of greatest risk of being harmed or killed by coyotes. Small dogs are at risk when left unattended in backyards at night and should be supervised by owners. Coyotes have attacked and killed small dogs unattended in backyards.

Continued on next page

## COYOTES

Coyotes may approach small dogs along streets at night near natural areas, even in the presence of dog owners.

### Cats

Do coyotes kill cats? Absolutely, but so do foxes, dogs, bobcats, vehicles, and even great horned owls. Cat owners need to be aware that cats allowed to roam free are at risk from many different factors. To protect your cat, keep it indoors, or allow it outside only under supervision. Coyotes in some areas appear to become specialists at catching and killing cats.

### Livestock Risk

Problems with coyotes and livestock do occur in New York. Most problems involve sheep or free ranging chickens and ducks. Most problems can be avoided with proper husbandry techniques. It is much easier to prevent depredation from occurring than it is to stop it once it starts.

### Coyote Incident Standard Operating Procedures (SOP)

The New York State Coyote Incident Standard Operating Procedures (SOP) have been developed for use primarily by DEC staff who routinely handle phone calls pertaining to coyotes but may be a valuable reference document for other entities interacting with public experiencing conflicts with coyotes (e.g., municipal law enforcement and animal control officers).

View the [New York State Coyote Incident Standard Operating Procedures \(Revised 2018\)](#) (PDF).

 <p>NEVER feed coyotes. When coyotes associate people with food, it's bad for people and bad for coyotes.</p>	 <p>Do not leave pets outside, unsupervised. Walk dogs on a leash.</p>	 <p>Secure livestock in predator-resistant pens, especially at night.</p>
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Image: content.govdelivery.com

## MOOSE IN NEW YORK

In New York, moose are protected and most are located in the northeastern part of the state in the Adirondack Mountains and the Taconic Highlands along the Massachusetts and Vermont borders, although they have been seen in Saratoga County. Moose are primarily browsers, feeding on the leaves, twigs, and buds of hardwood and softwood trees and shrubs. An adult moose eats 40 to 60 pounds of browse every day.

Moose have been absent from New York up until the late 1980's when a handful of sightings suggested that moose were emigrating from neighboring New England. Moose have since taken up permanent residence in NY but there are still a number of questions about the condition and long-term status of our population.

The moose habitat in New York is very different than what is found in neighboring New England and Canada. We have a significantly smaller number of commercially managed forests in the Adirondacks, which provide essential summer moose forage. Also, New York is at the southern extent of moose range, which could make the impacts of climate change more significant on our moose. Outfitting moose with GPS collars allows us to measure the impacts of those two factors (habitat limitations and climate change impacts) at a finer scale than through observation alone.

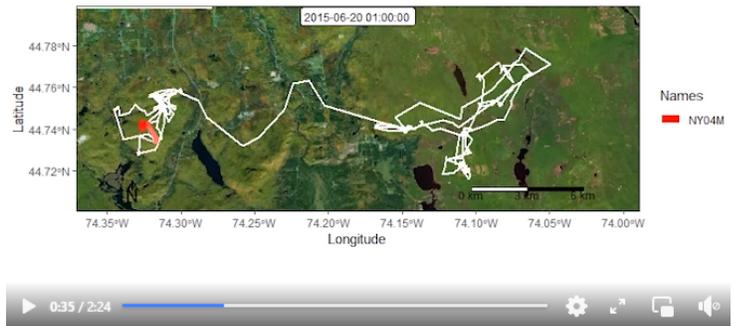
GPS collars collect multiple locations of an individual per day, from which we can identify home ranges, resource use and changes in behavioral patterns. Additionally, GPS collars contain what is known as a 'mortality signal', which alerts DEC staff when a moose has not moved for an extended period of time. This allows us to assess survival and the source of any mortality via carcass collection and

### DEC COLLECTING PUBLIC SIGHTING OF MOOSE

DEC and its research partners are also seeking information from the public regarding moose sightings to provide data for this study. If you have seen a moose please complete and submit a [moose sighting report](#) (leaves DEC website).

Want to see photos of moose sightings? View the [moose photo gallery](#) on DEC's Flickr page.

**SOURCE:** New York State Department of Environmental Conservation (NYSDEC)



[Click this link](#) to watch a moose being tracked through a GPS collar.

# CELEBRATE A WORLD OF FLAVORS

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before.

Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor.

Incorporated your favorite cultural foods and traditions, as you "Celebrate a World of Flavors" during National Nutrition Month® and throughout the year. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks.

## **Vary your breakfast (or first meal of the day) to include favorites from around the world.**

*Healthful options are available, even if time is limited. These are just a few examples for on-the-go or when more time is allowed for eating.*

- A smoothie with low-fat yogurt or buttermilk and tropical fruits, like papaya or mango.
- Za'atar mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumbers, and fresh mint.
- Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soymilk with a topping of fruit and nuts or nut butter.
- Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat or fish.
- Vegetable upma, an Asian Indian dish, that can be made with semolina or rice, spiced with ginger and other seasonings.

- A Spanish omelet with potatoes and other veggies, topped with a sprinkle of cheese.
- Or, an omelet filled with fried rice, known as omurice in Japan.

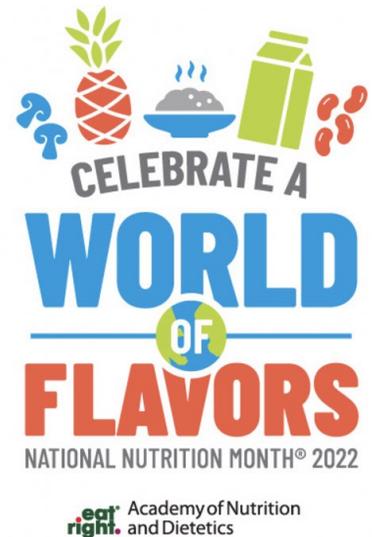
## **Choose healthful recipes to make during the week based on other cultures. Think seasonally when it comes to ingredients, as well as the temperature of dishes.**

*In hot weather, consider popular dishes from around the world that don't require heating. Seasonal produce can also inspire your meals. Try different fruits and vegetables depending on what's in season. For additional variety, choose ingredients with different textures and colors, such as:*

- Gazpacho, a type of soup served cold, which can be made with tomatoes, peppers, and onions or a mixture of those vegetables with watermelon as the base.
- Salads that include different types of produce along with whole grains, dairy, and protein foods. Many options exist, such as tuna salad made with Greek yogurt, onion, celery and whole wheat pasta.
- Spring rolls, a Vietnamese dish that's served cold with a dipping sauce and includes fresh vegetables and a protein food, such as tofu, stuffed inside thin sheets of rice paper.

*When temperatures drop, many people crave warm and filling foods to satisfy them—like soups, stews, roasted foods and items that are baked. Variations of these foods, which include healthful and flavorful ingredients, can be found in cultures all over the world. For example:*

- Munggo gisado is a stew native to the Philippines, featuring mung beans, greens and seafood.
- A spicy lentil and vegetable stew, known as Sambar originates from India.
- Da pan ji is an example of a Chinese stew made with chicken, potatoes, ginger, and garlic.
- Vegetables like cabbage, eggplant or zucchini can be stuffed with seasoned mixtures that may include



meats, grains, and sauces. One example is mahshi, a Middle Eastern dish, made of zucchini stuffed with cooked rice, lamb and spices served in a tomato-based sauce.

There are so many different food combinations which can be flavorful and nutritious at the same time, and the same is true for snacking.

## **Choose healthier snacks that include foods from different food groups, such as:**

- Fruit chutney eaten with bread or cheese.
- Raw veggies with hummus or tzatziki, which is a creamy yogurt-based dressing made with cucumbers, garlic and dill.
- Baba ganouj, a mixture made of roasted eggplant and tahini, which is a sesame seed paste, served with whole wheat pita bread.
- Or, for a crunchier snack whole grain tortilla chips with guacamole or a salsa made with veggies or fruit.

Healthful eating options span the globe. Plus, many recipes can be modified based on personal food preferences or to accommodate different budgets.

*Celebrate the month of March while enjoying recipes from traditional cultures around the world, which can be healthy when they include a lot of vegetables, such as the recipes on the next page.*

# RECIPES

## from Traditional Cultures Around the World

### Eggplant Dip (Baba Ghanoush)

**Baba Ghanoush is a popular traditional Middle Eastern dish made with pureed eggplant and tahini, a sesame seed butter. It makes a great appetizer served with torn pieces of pita bread.**

- 1 large eggplant (1-1½ pounds), peeled and cut into 1½ -inch chunks
- 2-3 cloves garlic
- 1 teaspoon salt
- ¼ cup tahini
- ¼ cup lemon juice

**DIRECTIONS:** Cook eggplant by steaming in a saucepan with a steaming rack. Cover and steam until the eggplant is tender when a fork is inserted, about 5 minutes. Add remaining ingredients and mix until fairly smooth, either in a blender, or in a food processor.

Serve in a bowl for dipping, warm or room temperature. Garnish with parsley. Use pita bread triangles or bread sticks for dipping.



*Per serving: 80 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 8 g carbohydrate, 3 g fiber, 3 g protein, 390 mg sodium.*

### Indian Sweet Potato Lentil Soup

**Indian foods include an array of spices that can be anti-inflammatory and good for your heart. Curry powder is a mixture of spices, including turmeric, a well-documented anti-inflammatory spice.**

- |                             |  |
|-----------------------------|--|
| 1½ cup red lentils          | 1 red bell pepper, cored and chopped             |
| 10 cups water               | 2 carrots, minced                                |
| 1 teaspoon salt             | 2 tablespoons minced garlic (6 large cloves)     |
| 2 medium sweet potatoes     | 1 tablespoon finely minced or grated ginger root |
| 2 tablespoons vegetable oil | 2 tablespoons curry powder                       |
| 1 medium onion, minced      | ¼ teaspoon hot red pepper flakes                 |

**DIRECTIONS:** **1)** Bake sweet potatoes for 45 minutes - one hour at 350 degrees until soft. **2)** Combine lentils with 10 cups of water in a large sauce pan; bring to boil over high heat. Add salt, reduce heat to low, cover and cook until very soft, about 20 minutes. **3)** Heat oil in wide skillet over medium heat add onion, pepper and carrot. Cook vegetables for about 15 minutes. They should be quite soft and reduced in size. Add garlic and ginger root and cook an additional 5 minutes. **4)** Scrape vegetables into pot with lentils. Add curry powder and red pepper flakes; continue cooking. **5)** Add cooled potatoes that you have scooped out of the skins. **6)** Using a hand-held immersion blender, or a food processor, puree the soup. **7)** Serve with a squeeze of lemon juice or 1 teaspoon of apple cider vinegar. Makes 10 servings.

*Nutrition per serving: 220 calories, 4g fat, 0g saturated fat, 0mg cholesterol, 260mg sodium, 36g carbohydrate, 9g fiber, 14g protein, 150% DV vitamin A, 60% DV vitamin C*



*"Red lentils cook very quickly- they'll be soft in 20 minutes or so. Sweet potatoes can be baked first to bring out the best flavor, or dice them raw and put them right into the soup without baking. Either way they're delicious and nutritious."*

This makes a large batch, so be prepared for leftovers, it freezes well.

### EATING HEALTHY, BE ACTIVE: TIPS FOR LOSING WEIGHT



Our goal is to empower you to make simple changes to the food you enjoy and make the lifestyle choices needed to help you live your best life!

[Direct link to class:](#) Meeting ID: 805 850 5363 Passcode: 997968.

Contact April Rodd with questions and Zoom meeting information at [ajr326@cornell.edu](mailto:ajr326@cornell.edu) or 518-765-3555.

**March 7, 2022**  
**10:00 - 11:00 AM**  
Via Zoom  
CCE Albany



## HOMESTEADING & SELF-SUFFICIENCY

CCE Saratoga educators have created an [educational webpage](#) where people can learn all aspects of becoming self-sufficient and what it means to have a homestead. The informational platform brings together agriculture (Livestock & Animal Husbandry, Food Preservation & Preparation, Hunting & Gathering, and Planting & Growing recourses).

If you missed the 8-week video series for Homesteading and Self-sufficiency [you can find it here](#).



## AVIAN FLU ALERT

Two laboratory-confirmed cases of Highly Pathogenic Avian Influenza (HPAI) were identified in Dutchess (one in a pheasant flock) and Ulster County (one in a backyard flock). These flocks have been euthanized to help control the spread of the virus.

If you think you have HPAI in your flock, REPORT IT to the State Animal Health Diagnostic Center, at (607) 253-3900 or [poultryhealth@cornell.edu](mailto:poultryhealth@cornell.edu) or USDA toll-free at 1-866-536-7593.

For more information on how to protect your flock against HPAI, [view Cornell's recent fact sheet](#) and the [USDA Defend the Flock resource center](#).



According to the U.S. Centers for Disease Control and Prevention, the recent HPAI detections in birds do not present an immediate public health concern. No human cases of these avian influenza viruses have been detected in the United States.

As a reminder, the proper handling and cooking of poultry and eggs to an internal temperature of 165 F kills bacteria and viruses.

To read more about HPAI: <https://cals.cornell.edu/news/2022/02/poultry-producers-be-lookout-highly-pathogenic-avian-influenza>

Blackberry · Black Cherry · Serviceberry · Currant · Elderberry · Chokeberry · Raspberry · Blueberry · Staghorn Sumac · Strawberry · Crabapple · Wild Apple



## WHAT KIND OF BERRIES CAN YOU GET IN YOUR WOODS?

Forest owners can harvest edible fruit and berries when they are ripe. Some of the at-home uses include flavoring meals, garnishing salads, or serving the fruits to birds. Some forest plants and trees contain high amounts of nutrients. Forest fruits and berries can be marketed only if they are clean and packaged attractively. To keep this project going for the long term, plant new trees and shrubs every year and only harvest a small amount, even when they are abundant. Among the problems people run into are foraging by birds and wildlife, drought reducing yield and changing the taste, and keeping the fruits stored.



### Laminate Floor Cleaner

For engineered wood and no-wax floors.

- ½ cup white vinegar
- 1 gallon warm water

Mix ingredients. Avoid overwetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).

### Wood Cleaner

- 2 Tbsp olive oil
- 2 Tbsp white vinegar
- ¼ cup lemon juice

Mix ingredients. Using a soft cloth, rub into the wood in the direction of the grain.

### Drain Cleaner

For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.

- ½ cup baking soda
- 1 cup white vinegar
- 1 gallon boiling water

Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.



## MORE GREEN CLEANING RECIPES



# SPRING GARDEN DAY

Presented by CCE Rensselaer

Spring starts on Sat., **March 12, 2022**, when Cornell Cooperative Extension of Rensselaer County will hold its 24th annual “Spring Garden Day!” This virtual program will use Zoom, the cloud-based video communications format. Garden designer, consultant, and writer Robert Clyde Anderson will discuss how to revolutionize your garden in his talk, “Perennial Planting The New Wave Way.” For friends of trees and shrubs, Fred Breglia, Executive Director of the Landis Arboretum, will talk about “Promoting Plant Health Through Proper Pruning.” A great selection of garden-related door prizes will be given away. You’ll need to download the free Zoom app to participate.



Please click the following link to find the full brochure: <http://ccerensselaer.org/.../03/12/spring-garden-day-2022>

### Questions?

Contact Cornell Cooperative Extension at (518) 272-4210 or [mmp74@cornell.edu](mailto:mmp74@cornell.edu)

## FREE TREE ALERT—Buffer in a Bag

Everyone’s favorite statewide streamside protection initiative, Buffer in a Bag, is back! Landowners with at least 50 feet of streamside property can apply for 25 free tree and shrub seedlings to help prevent erosion, improve water quality, and create habitat for wildlife along their stream.

Qualifying NY landowners will be selected on a first-come, first-served basis now through April 11, while supplies last.

Find more info including how to apply at <https://www.dec.ny.gov/animals/77710.html#Bag>



Photo: NYS DEC

## FREE VEGETABLE & HERB GARDENING SERIES via ZOOM

### Creating a Backyard Garden

Thursday, March 10, 2022  
7:00 PM—8:00 PM

Presentation on the creation and maintenance of backyard vegetable gardens. The presentation helps you choose what to plant, provides hints on what to grow when, and the different types of gardens available depending on space and accessibility. Soil guidance, watering techniques, crop rotation, seasonal plantings, vegetable families, and sunlight requirements will be discussed.

### Why Raised Beds for Gardening & How to Build Them

Thursday, March 17, 2022  
7:00 PM—8:00 PM

An introduction into raised beds for gardening. The presentation discusses why to use raised beds, the pros and cons, different options for creating them, and how to located them within your gardening spaces.

Classes presented by Albany County Master Gardeners

**Other classes in the series include Introduction to Herbs, and Companion Planting, held March 24 and March 31, respectively.**

Registration link: <https://cornell.zoom.us/meeting/register/tJMuf-yhqDotHNri2DrGWytJJF8RQlptTBrv>

Questions? Please email: [albanymg@cornell.edu](mailto:albanymg@cornell.edu)

\*After registering, you will receive a confirmation email containing information about joining the Zoom.





19th Annual  
**4-H GOLF CLASSIC**  
 at the  
*Fairways of Halfmoon*

## How Can You Help?!

As plans continue for the 19<sup>th</sup> Annual 4-H Golf Classic on June 1st at the Fairways of Halfmoon, questions arise on how 4-H leaders and families can support this annual event. Once again, leaders will be sent a brochure and an extra letter asking you to seek out support for our tournament. There are many alternatives that are available. Sponsorships, donations, and items for our raffle and participant goodie bags are all appreciated. For those 4-H families who do not receive a letter in the mail, we have copies of the letters and brochures available at the 4-H office. All proceeds for the 4-H Golf Classic go directly back into the program by way of the Leaders Association through scholarships, and other opportunities for our 4-H youth and leaders.

If you have any questions, please call Greg at the 4-H office at 518-885-8995 or email at [grs9@cornell.edu](mailto:grs9@cornell.edu).

## 4-H Dairy Calf Scholarship

The Saratoga County 4-H Dairy Calf Scholarship is open to all 4-H'ers (or youth willing to join 4-H) living in Saratoga County who are interested in owning a registered calf. A calf award will be given this year. Applicants must meet certain criteria and submit a 1-2 page essay.

This is a great chance to own a registered calf! Many Saratoga County 4-H'ers benefited from this great opportunity in the past.

For more information on applying such as criteria and essay, please contact Rylie Lear at [rjl287@cornell.edu](mailto:rjl287@cornell.edu) or call the 4-H Office at (518) 885-8995. Essays must be received by **Friday, April 15** to be considered.



The 4-H Walkathon will be in-person this year, although remote participation is available

**\$25 per person**  
**\$75 per family**  
 (family of 3 or more)



**4-H Walkathon**  
 Saturday, May 14th, 2022  
 at the  
 Saratoga Spring YMCA



**Pre-Registration Required**  
**Register Here!**

[https://reg.cce.cornell.edu/4HWalkathon2022\\_241](https://reg.cce.cornell.edu/4HWalkathon2022_241)

Cooperative Extension  
Saratoga County

April 1st & 2nd  
 Friday 2-6pm & Saturday 10-4pm



**Spring Bleacher Renovation**

**LOOKING FOR 4-H CLUBS AND VOLUNTEERS TO HELP US REBUILD THE OUTDOOR ARENA BLEACHERS**

**Rain Date April 8th & 9th**

Email [rjl287@cornell.edu](mailto:rjl287@cornell.edu) or call (518)885-8995 to sign up!

4-H Training Center



## Website and Social Media

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Click the photos to be navigated to each of our Facebook accounts:



CCE Saratoga



4-H



CCE Equine



Agriculture  
Economic  
Development



Capital Region  
PRISM

## Who We Are

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### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	

	<p>50 West High Street, Ballston Spa (518) 885-8995 <a href="mailto:Saratoga@cornell.edu">Saratoga@cornell.edu</a> <a href="http://www.ccesaratoga.org">www.ccesaratoga.org</a></p>
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### ***Building Strong and Vibrant New York Communities***

*Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.*