

March 15, 2021

Volume 2, Issue 10

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

45th Saratoga County 4-H Walkathon

The 2021 Saratoga County 4-H Walkathon is a-GO! This year will look a little different from the past several years, but we are looking forward to a great event. Remember, all proceeds from the Walkathon go to support the 4-H Training Center.

This year's Walkathon will be held at the 4-H Training Center on Saturday, May 22nd. All participants will need to [register](#) for a 1-hour time slot, with an option for "virtual" participation.

This year we will also be offering some new opportunities, such as a "Family Registration" which will make it more affordable for families with more than 3 immediate members to participate, as well as a "Horse Only" time slot!

[Registration](#) is open now through May 1st.



Flashback to June 7, 1975—1st Annual Walkathon

The first Saratoga County 4-H Walkathon took place June 7, 1975 with a 25-mile walk starting at the fairgrounds in Ballston Spa. Honorary chairpersons for the event were the late Mrs. Frances Ostrander, Schuylerville, and former Assemblyman Robert "Bobby" D'Andrea, Saratoga Springs. The late Fred Ludewig of Ballston Spa and Gregory Fay of Saratoga Springs were co-chairmen of the Walkathon.



THE FIRST WALKATHON PLANS were finalized in 1975. Seated are the honorary chairpersons for the event, Mrs. Frances Ostrander and Assemblyman Robert D'Andrea. Standing are Fred Ludewig and Greg Fay, co-chairmen, and David Leggett, route chairman.

The purpose of conducting the Walkathon was to start a fund-raising campaign to construct the current 4-H Training Center and meeting rooms (located at 556 Middleline Road, Ballston Spa) for various aspects of the Cooperative Extension programs.

In 1975, just over \$5,000 was raised; \$1,000 being from solicited pledges on D'Andrea, who promised to walk the Walkathon if 4-H members and leaders sought \$1,000 in pledges on him, to be payable only if he completed the full 25-mile course. D'Andrea and 70 others of the 133 walkers completed the 25-mile trek.

Individuals and businesses in 1975 that pledged support for D'Andrea's 25-mile walk included: The Adirondack Trust Company. General Foods, Stewarts Ice Cream, Koval's Farm and Garden, Congress Gas and Oil and Stiles Insurance Agency, all of Saratoga

Continued on next page

OUR MISSION

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Did you know...continued from page 1

Springs. Other Saratoga pledges were received from Starbucks, Firehouse, Stevens Food Service at Kaydeross Park and D'Andrea Liquor Store. The Washington, Warren and Saratoga County Bankers Association, Schenectady Savings Bank, Mrs. Frances Ostrander, Mr. and Mrs. Frank Gainer and the Milton Eagle Fire Company were among the contributors. Other donors were Curtis Lumber, Morris Food and Ballston Motors from Ballston Spa; and Jacobie Oil, Hillman Brothers Transportation and the editor of the Post Star from the Glens Falls area. The Burnt Hills Hardware and Veeder and Yelverton, pharmacists in Burnt Hills, also contributed to D'Andrea's walk.

The following awards were given out for the first Saratoga County 4-H Walkathon: Sharon Peck, received a trophy for being the youngest walker, Norman Carr

received a trophy for being the oldest walker, Marjorie Benoit received a trophy for having the largest amount of money pledged and collected, and cash awards of \$10.00 went to the top ten walkers. These walkers were: Marjorie Benoit, Caroline Wait, Norman Carr, Kim DeVivo, Lisa Frolish, Lori Frolish, Donna Gilgallon, Bonnie King, Karen Woolley and Mary Lou King.



This group shown is making signs for the first 4-H Walkathon. From left are: Greg Fay of Saratoga Springs, Kevin Cleveland of Jonesville. Seated, L to R are Judy Ludewig, Amy Carr of Ballston Spa. Gary Sweeney, Mechanicville. Mary Ann Hall of Saratoga Springs and Peter Shaw of Ballston Spa.

Farmland Access Workshops

Come visit us (virtually, of course) for our Farmland Access Workshops. We have speakers from Cornell Cooperative Extension, Saratoga County Soil & Water Conservation District, and Hodgson Russ LLP. (See below for details)

Hosted by Saratoga PLAN and CCE Saratoga County.

MARCH 22ND 6:30-8:00 PM

Farmland Leasing

Learn how to craft agricultural leases that work for both landowners and tenants.

Presented by **Nicole Tommell**, Agricultural Business Management Specialist, Cornell Cooperative Extension

These workshops were made possible with funding from NYS Department of Agriculture and Markets and Hudson Valley Farmlink Network, which is coordinated by American Farmland Trust and has received primary funding from the Doris Duke Charitable Foundation.

MARCH 29TH 6:30-8:00 PM

Welcoming the Public

Legal considerations to explore when welcoming the public onto your farm.

Presented by **Sarah Miller**, Attorney, Hodgson & Russ LLP

APRIL 7TH 6:30-8:00 PM

Farmland Evaluation

Learn how to find the best fit between agricultural land and farm operation.

Presented by **Dustin Lewis**, Saratoga County Soil & Water Conservation District, **Jessica Holmes**, Master Gardener Coordinator, Cornell Cooperative Extension, **Nicolina Foti**, Agricultural Coordinator, Cornell Cooperative Extension

TO REGISTER: contact Nicolina Foti at nvf5@cornell.edu or call 518-885-8995

Considerations for cow cooling this year

CCE shares information on providing heat abatement to cattle

Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program (SWNYDLFC) shares information on cow cooling for the 2021 season. While heat stress in dairy cows may not be at the forefront of anyone's mind with several inches of snow and ice on the ground and temperatures barely above freezing, it is important to start thinking about the upcoming warm seasons. Preparing for warm weather now can help farms prevent losses in milk production and keep cows comfortable in 2021.

Cows, especially dairy animals, are much less tolerant to heat than humans. They are uncomfortable and can experience heat stress beginning at 68 degrees Fahrenheit. To help keep cows cool farms provide shade, fans, and spray water. Best practice is to provide these in both the holding area of the milking parlor, and in the home pen where cows spend their time eating and resting. Farms should use the coming weeks to perform any necessary repairs to cooling equipment and do a thorough cleaning of fans and sprayers, as dust easily builds up and reduces energy efficiency of these technologies. If farms are upgrading or installing additional cooling equipment, now is a perfect time so cows can benefit from the upgrades throughout the entire 2021 season.

Additionally, farms should ensure they are providing adequate cooling to all ages and classes of animals on the farm, including calves, heifers, and dry cows. Recent work out of the University of Florida has emphasized the importance of providing heat abatement to non-lactating animals on the farm. Providing shade, fans, and spray water to these groups of animals will promote profitabil-



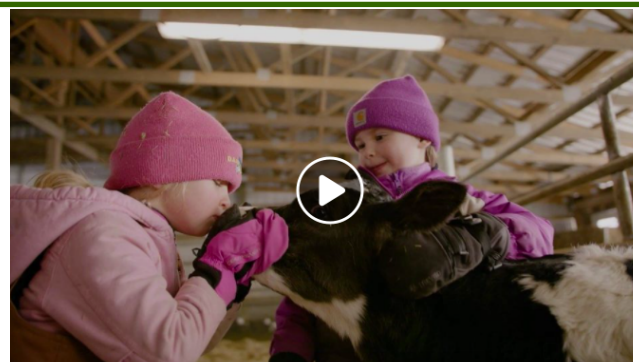
ity and increased milk production in your herd across multiple generations. The University of Florida's work shows that cows pass the negative effects of heat stress on to their offspring and will produce less milk during their lactation if they experience increased heat load in the dry period. Further, their work shows that in New York State the dairy industry loses nearly 40 million dollars per year from heat stress. These losses are a result of decreased milk production, fertility, lameness, and feed intake, which all highlight the importance of cooling cattle and the economic benefits of installing fans and sprayers. Opportunities exist to improve cooling and its efficiency on farm by providing supplementary heat abatement, especially to dry cows, heifers, and calves. As farms prepare for the warmer months ahead, take the time to check all cooling equipment is functioning properly for each age and class of animal on the farm. For more information about heat abatement for dairy cows, contact Alycia Drwencke, Dairy Management Specialist, at 517-416-0386 or amd453@cornell.edu.

<https://www.morningagclips.com/considerations-for-cow-cooling-this-year/>

Agricultural Literacy Week ~ March 15-19, 2021

Agricultural Literacy Week is March 15-19. The first video in the New York dairy collection features farmers, their children, and family dairy operations across the state. Through these videos, children can see life on a farm through the eyes of kids just like them!

In the [video](#), Bret Bossard of Barbland Dairy and his daughter Brynley talk about the calves being born on their farm, what they eat, and how they ensure their health.



Virtual Horse Symposium— There's still time to register!

CCE Equine, a division of Cornell Cooperative Extension of Saratoga County, is gearing up to host its second Virtual Horse Symposium in March.

This three-week program is offered for adult horse owners, business owners, and horse enthusiasts in the Capital Region and beyond.

This year, classes will be held every Tuesday and Thursday for three weeks starting March 16 and ending April 1. Topics include: Sound Development of Young Horses, An introduction to Liability Risks: New York's Agricultural Tourism Act and Negligence in the Horse Industry, Equine Law: Legal Issues for Participants in the Horse Industry, and more. Each session will be hosted virtually at 7 p.m. via Zoom.

New this year, the event will include a Family Fun Equine Trivia Night on April 2 that promises to be a fun and educational experience. Anyone can join this interactive virtual event.

To participate, you must [register](#).

[CCE Equine](#) has been serving the Saratoga and surrounding areas since 2006.

"Using and Understanding the Pressure Scale with Your Horse"

Presenter: Sydney Jackson

When: March 30, 7 PM - 8 PM

Register: [Cornell Cooperative Extension - Event Registration for Programs](#)

You know those riders you see that seem to have an effortless ride with both rider and horse looking relaxed and content, even while achieving challenging tasks?...this is achieved through complete connection. You want your horse's brain connected to yours and their feet connected to your feet. It is a wonderful feeling when this is achieved. In this presentation, Sydney will share a simple way to work you and your horse's relationship and communication.



Sydney Jackson is a twenty six year old Performance Horse Trainer Located in Ogden Utah. She wanted to train horses from the time she could talk. By the time she was in middle school, she was already working as an apprentice for a reining and cow-horse trainer. Sydney went on to spend the next seven years working for different accomplished reining trainers who helped develop her talent.

CCE Equine - Trivia Night

CCE EQUINE

FREE Virtual Event

Trivia Night

Friday April 2, 2021 7:00 PM Via Zoom

Free, Family-Friendly, Fun Horse Related Trivia Night
Compete for 1st, 2nd, and 3rd place prizes!
Scan the QR code to register!

With special Silent Auction throughout the evening
sponsored by: **THOROUGHBRED RETIREMENT FOUNDATION**

SCAN ME

CCE Equine would like as you invite you, your friends, and family to this FUN horse Related trivia night! This free event will be held April 2nd to conclude our Virtual Horse Symposium.

For those of you local to the Saratoga County area we are offering the option for you to order a charcuterie box to be picked up at the 4-H Training Center in Ballston Spa NY. Please view the link below to order yours!

To register for this event please visit:

https://pub.cce.cornell.edu/.../main/events_landing.cfm.

.. or scan the QR code in the photo .

2021 Occurrences of Equine Herpes Virus Type-1 Kentucky's Perspective and Position Updated: March 7, 2021



In the past 7 days we have learned of multiple occurrences of EHV1 impacting equine events throughout the world. Additionally, as we are coming to the time of year that we historically see an increase in movement of equine exhibition and racing stock into Kentucky, I want to remind all associated parties that mitigating risk of disease introduction is a shared responsibility that requires commitment from each individual exhibitor, trainer, event managers, facility operators, veterinarians, and animal health officials. Facility managers and the managers of shows/exhibitions planned to be held in Kentucky should immediately review their biosecurity practices and if needed elevate their biosecurity plan to minimize opportunity of horses having direct or indirect contact with one another. Indirect contact would include common water and feed sources as well as shared equipment and congregating in common areas. The goal of a biosecurity plan is to prevent the transmission of

infectious agents among individuals and the components of a successful program will include cooperation of management, facility layout, decontamination, and when applicable immunization. Each of these factors directly affects the success or failure of the program. Copies of the American Association of Equine Practitioners biosecurity guidelines can be downloaded at <https://aaep.org/site-search?search=biosecurity> or the Equine Disease Communication Centers website www.equinediseasecc.org. The documents provide good general guidance of practices that should be routinely implemented, and we encourage show managers to share these directions with all exhibitors. Additionally, our office is happy to assist facilities, show management and event veterinarians in evaluating their individual plans and when a need is identified, assist in adopting and implementing a defined plan.

[Continue reading article](#)

Warning to Aquarium Owners About Invasive Zebra Mussels Found in “Moss Balls”

DEC and the Capital Region PRISM and would like you to be aware of the following Zebra Mussel contamination in aquarium “Moss Balls” !

The New York State Department of Environmental Conservation (DEC) is urging pet and aquarium stores and consumers to immediately remove and properly dispose of commercially purchased "moss balls" for aquariums after invasive zebra mussels were discovered inside and on some of these products, as reported by the [U.S. Fish and Wildlife Service](#). Consumers should be advised that moss ball products purchased from [PetSmart](#) and [Petco](#) may be subject to a voluntary product recall.

Zebra mussels are an aquatic invasive species (AIS) that can cause environmental and economic harm. Several species of algae comprise moss balls, which are two to five inches in diameter. Zebra mussel larvae are so small that people cannot see them. If released, these larvae can

cause great harm to waterbodies. Consumers are advised to remove and properly dispose of any moss balls purchased within the last year.

[Continue reading article](#)



Photos by DEC



THE CAPITAL REGION PRISM
PRESENTS:

INVASIVE SPECIES POSTER CONTEST

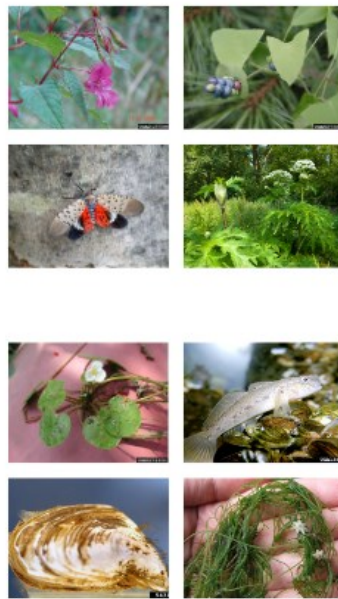
Are you an artist? Do you enjoy the outdoors? Combine the two and join the first annual Capital Region PRISM Invasive Species Poster Contest!

**OPEN TO ALL HIGH SCHOOL STUDENTS IN THE CAPITAL REGION.
SUBMISSIONS DUE BY MAY 24TH VIA MAIL OR EMAIL**

Finalists from each of the 11 counties within the PRISM will be awarded a PRISM Swag Bag. The Grand Prize winner will receive \$150 Visa gift card and their art work will be used for education and outreach events held by the PRISM.

The Capital Region PRISM is hosted by Cornell Cooperative Extension of Saratoga County and funded by the New York State Department of Environmental Conservation via the Environmental Protection Fund.

Enter for your chance to win
PRISM swag and a gift card!



FULL CONTEST RULES

1. Poster must be created by a high school student (grades 9-12) from one of our 11 counties: Albany, Columbia, Fulton, Greene, Herkimer, Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington.
2. Poster can be created using any media or mode (i.e. paint, colored pencil, pen, digital, etc.). Poster must **not** be a collage or contain any copyrighted objects. The size of the poster must be no smaller than 8.5"x11" and no larger than 11"x17".
3. Must include one or more of the species from BOTH the terrestrial and aquatic lists (at least two species total). See "Species List and Identification" for information on identification characteristics.
 - a. Terrestrial: Giant hogweed, porcelain-berry, spotted lanternfly, mile-a-minute, and/ or policeman's helmet.
 - b. Aquatic: Starry stonewort, common frog-bit, round goby, quagga mussel, and/or spiny waterflea.
4. Other invasive species may be used as well. A full list of species with identification help can be found at: <https://www.capitalregionprism.org/species-of-concern.html>
5. All submissions are due by May 24th. Submissions can be sent via mail to: Cornell Cooperative Extension of Saratoga County, 50 W High Street, Ballston Spa, NY 12020. Submissions may also be scanned and sent by email to: Inm47@cornell.edu. Please ensure the scan is clear (at least 300dpi). Submissions must include the student's name, school, grade, and contact information (for PRISM use only).
6. Posters will be judged by a panel of local invasive species experts on the following criteria: presence of invasive species, accuracy of identification features, directions followed, and creativity.

For more information about the contest, please contact our office at (518) 885-8995 or email Lauren.Mercier@cornell.edu.

Watercraft Inspection
Steward Program

WE'RE HIRING!

Seasonal Positions:
Lead Watercraft Stewards (3)
Watercraft Stewards (21)

To apply, please visit:
<http://ccesaratoga.org/jobs>



As part of CCE Saratoga's Capital Region Partnership for Regional Invasive Species Management (PRISM) program, Aquatic Invasive Species (AIS) Watercraft Stewards provide public education and outreach at boat launches regarding statewide Clean, Drain, Dry practices in order to help prevent the spread of aquatic invasive species. Watercraft Stewards collect research data daily from interactions with the public using the Survey123 Watercraft Inspection Steward Program Application (WISPA).

For more information on the seasonal positions or to apply, please visit:

[Cornell Cooperative Extension | Jobs \(ccesaratoga.org\)](http://ccesaratoga.org/jobs)

Diabetes Classes Online

Dining with Diabetes, a program for people with diabetes or prediabetes and their family members is being offered by Cornell Cooperative Extension of Saratoga County online via Zoom at noon on Tuesdays beginning April 6. No fee. Register here: [Dining with Diabetes Zoom Registration](#)

Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals at restaurant and adopt other healthy habits to help manage diabetes through healthy eating. Recipe ideas provided. Time provided for Q & A. Diabetes and COVID-19 will be discussed.

Diane Whitten, Cornell Cooperative Extension nutrition educator, will present helpful tips and facilitate discussion, guest speakers will include a Certified Diabetes Care and Education Specialist. For help with Zoom or other program details contact Cornell Cooperative Extension Saratoga County- 518-885-8995, or email Diane at dwhitten@cornell.edu.



Need help managing your diabetes?
Want to prevent diabetes?

DINING WITH DIABETES

a program for people with diabetes or prediabetes and their family members.

Learn how to:

- *fit carbohydrates into a healthy menu
- *effectively use food labels
- *choose meals at a restaurant
- *plan menus
- *exercise to help manage diabetes

Recipes will be provided.

Diabetes & Covid19 will be discussed.

Time provided for Q&A.

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"

CCE

JOIN US VIA ZOOM:
CORNELL COOPERATIVE
EXTENSION
SARATOGA COUNTY

APRIL
6, 13, 20 & 27

12 NOON
ONLINE VIA ZOOM

REGISTER HERE:
[DINING WITH
DIABETES ZOOM
REGISTRATION](#)

NO FEE

PRESENTED BY
NUTRITION EDUCATOR
DIANE WHITTEN, MS
CCE SARATOGA CO.
FOR MORE
INFORMATION
DWHITTEN@CORNELL.EDU
518-885-8995

St. Patrick's Day Recipe

St. Patrick's Day is this week! Seems like everyone is Irish on St. Patrick's Day, at least that's how the saying goes. St. Patrick's Day was traditionally observed as a religious holiday. To some it still is, but it is also viewed as a celebration with lots of corned beef and Irish soda bread. Whether or not you will be celebrating St. Patrick's Day, here is a healthy snack to make and enjoy (approved by the American Diabetes Association).

Avocado-Cucumber Dip

Ingredients

- ½ small avocado
- 1-pickling cucumber (such as Kirby) or 1/3 small cucumber)
- 2 Tbsp. sour cream
- 1 tsp. chopped fresh mint or ¼ tsp dried mint (crumbled)
- 1 tsp. lemon juice
- 1/8 tsp salt
- 1/8 tsp celery seeds
- 1/8 tsp pepper



Directions

1. In a medium bowl, mash the avocado with a fork until the desired consistency (slightly chunky or smooth).
2. Finely chop the pickling cucumber or peel, seed, and finely chop the regular cucumber. (You should get about 1/3 cup.) Stir the cucumber and remaining ingredients into the avocado. Serve immediately or cover and refrigerate for up to 8 hours.
3. Cook's Tip: Store leftover avocado by sprinkling the exposed surface with fresh lemon juice, lime juice, or white vinegar. Cover it tightly with plastic wrap or place in an airtight container and refrigerate. It should keep for 1-2 days.

SOURCE:

Diabetesfoodhub.org

Nutrition Facts

2 Servings	
Serving Size	1/4 cup
Amount per serving	
Calories	55
Total Fat 3.5g	
Saturated Fat 0.5g	
Cholesterol 0mg	
Sodium 160mg	
Total Carbohydrate 3g	
Dietary Fiber 2g	
Protein 2g	

Making Sense of Sugar on Food Labels

By Diane Whitten, Cornell Cooperative Extension Saratoga County



There's no lack of information on our packaged food products, the problem is knowing what to look for and how to interpret it. Many people are concerned, and rightly so, about sugar in our food. Americans consume 57 pounds of added sugar each year on average. People who may have diabetes are particularly concerned with sugar, but should they be?

When teaching people with diabetes about food labels I stress the importance of total carbohydrates rather than sugar because all carbohydrates breakdown into sugar (glucose) before entering the blood stream. On the nutrition facts panel sugar is listed as a subcategory of carbohydrate, so it is included in the total carbohydrate number. A confusing aspect is that the total amount of sugar includes both naturally occurring sugar and added sugar.

Naturally occurring sugar is found in dairy products (lactose), plus fruits and vegetables in varying amounts, and these foods come with many other nutrients, so we refer to them as nutrient dense. Added sugar can come from many sources, the most common being sugar and high fructose corn syrup. Recently evaporated cane juice has hit the market which is a slightly less processed form of sugar, so it's essentially the same. Added sugar can be from over 50 ingredients in foods, a list can be found online. <https://www.health.harvard.edu/staying-healthy/how-to-spot-and-avoid-added-sugar> For now the best way to find added sugar on labels is to read the ingredient list. Added sugars are often referred to as empty calories because they don't include any vitamins or minerals, or other nutritional benefits. Combining naturally occurring sugar with added sugar on nutrition facts panels is confusing for consumers who are trying to avoid added sugar, so the FDA has revised the nutrition facts panel requirements, including how sugar is listed. A

new line will be on labels to show added sugar. In the picture below you can see the comparison of the original panel to the new one. You may already have seen a new nutrition label, but beginning in January 2020 they will be required on most food packages.

If you're trying to eat healthy and avoid excess added sugar, the best thing to do is to eat whole, unprocessed foods. The second best thing to do is to read the ingredient list for added sugars, or the new nutrition facts label to look for "added sugar."

Eating healthy, maintaining a healthy weight and keeping active are all important if you want to stay healthy and prevent diabetes which is becoming all too common. You may have prediabetes now and not know it. The Saratoga County Prediabetes Coalition reminds you to assess your risk for diabetes by taking a simple two minute risk assessment at:

www.DoiHavePrediabetes.org.

Original Label

New Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 **Calories from Fat 72**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on
your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Farmers' Market Recipe

By Diane Whitten

Colcannon is a traditional Irish side dish that is versatile and delicious. In Irish history, Colcannon was traditionally made on the first day of spring using cabbage. It was also made at Halloween using kale instead of cabbage.

You'll find both cabbage and potatoes at our local farmers' markets. These vegetables store well over the winter in cold storage that is controlled for both temperature and humidity.

Colcannon

3 pounds russet potatoes
1 Tbsp olive oil
1 small onion, diced
2 cloves garlic, minced
3 cups shredded cabbage
(or kale)
Salt and pepper to taste
¼ cup butter, divided
1/3 cup low fat milk



1. Peel and dice potatoes. Place in a large pot and cover with water by one inch. Bring to a boil, covered, over high heat.
2. Remove cover, reduce heat to medium and allow potatoes to cook for 12-15 minutes, until tender when pierced by fork.
3. Meanwhile, heat olive oil in a large skillet. Add onion and garlic. Cook, stirring occasionally, until onion is softened, about 3 minutes.
4. Add cabbage, season with salt and pepper and cook until soft, about 5 minutes.
5. Drain potatoes and return to pot. Season with salt and pepper. Add two tablespoons of the butter and milk. Mash.
6. Fold in the cabbage mixture. Top with remaining butter.

Makes 8 servings. Nutrition information: 199 calories per serving; 7.8 grams fat, 4.0 grams saturated fat, 16 mg cholesterol, 61 mg sodium, 29.8 grams carbohydrate, 4.9 grams fiber, 3.7 grams sugar, 3.7 grams protein

Farmers' Markets

Spa City Farmers' Market

"All participating vendors are premium local brands and the best of the best including a bounty of the State's most sought after farmers and producers – to ensure the integrity of the market all vendors MUST be legitimate producers and open to facility inspection."



When: Sundays

Time: 10 AM - 2 PM

Where: Lincoln Baths, 65 South Broadway
Saratoga Springs

Link: <http://www.spacityfarmersmarket.com/>

Saratoga Farmers' Market

"A producers-only farmers' market with local products in Saratoga Springs, NY. A source of great food, plants, crafts, and live music. Our members practice and support sustainable agriculture and slow food practices."



When: Saturdays

Time: 9:30 AM - 1:30 PM

Where: Wilton Mall Food Court
(Bow Tie Cinema entrance)

Link: <https://www.saratogafarmersmarket.org/>

Sunflower seeds are not just for the birds—All about growing sunflowers

Prepared by David L. Jennings—Cornell Master Gardener Volunteer, CCE of Saratoga County

Sunflowers are one of the most beautiful and popular type of flower you can grow easily from seed for either wildlife to appreciate or harvest as long-lasting cut flowers to enjoy indoors ('Sun Bright Supreme' is the variety in the bouquet to the right). They are one of the best plants to grow with young inexperienced children or grandchildren. The smaller varieties can even be grown in pots on the deck or patio like the variety 'Sun Buzz' below but be sure to use at least a 10-12" clay or ceramic pot with good drainage and your favorite mix of artificial potting soil to help keep them from tipping over.



"Bright Supreme"

Believe it or not, the red flower to the right is a variety of sunflower too, called 'Red Procut'. There are hundreds of varieties to choose from in your local garden center now, so I recommend you select a few tall ones, short ones and some with unique color variations to really enjoy growing them.



"Red Procut"

Sunflowers originated in the Americas and domestic seeds have been found in Mexico dating back as far as 2100 BC. Native Americans have been growing Sunflowers as a crop for hundreds of years and explorers brought the flowers to Europe in the 1500's. They are grown as either 'Single Stem' or 'Branching' plants. The single stem varieties are best for high density plantings with larger flowers on tall stems. You will need to grow them as succession plantings every couple of weeks for continuous bloom throughout the season though. Branching varieties produce flowers on multiple shorter stems throughout the season which makes them ideal for sunflower bouquets all season long.

POLLEN vs. POLLEN-FREE VARIETIES Sunflowers that produce pollen are a great option for gardeners focusing on supporting pollinators, but many newer varieties are bred to be male sterile, or pollen-free which helps extend vase life and make a nice clean appearance keeping your table clean from falling pollen. There are many varieties of each to choose from.

All Sunflowers can be direct sown in your garden after the risk of frost has passed or smaller varieties can be started indoors with all seeds sown about ¼ to ½ inch deep and kept evenly moist. Choose a sunny location with good drainage.

RECOMMENDATIONS FOR THE BEST VASE LIFE Be sure to cut the flowers when the petals or ray flowers just begin to open. Cut them early in the morning and remove all leaves below the water line and place them in room temperature water for longest vase life. Be sure to check the water level frequently as sunflowers are heavy drinkers and can empty a vase quickly. Change the water daily as Sunflowers have what some call a "Dirty Stem" as the water turns cloudy with high potential for bacterial issues which will shorten the life of your beautiful bouquet. (The variety below is called 'Ring of Fire')

SOURCE: National Garden Bureau



"Sun Buzz"



"Ring of Fire"

Did you know?



Sunflowers track the sun; the flower heads turn as the sun moves across the sky. This is called heliotropism.

The tallest sunflower grown was 30' 1" in Germany in 2014.



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](#).



Growing Excellent Onions

Dr. Leonard Perry, Extension Professor University of Vermont

If you're a gardener, you may already be growing onions. If not, or new to gardening, and you like to use onions in cooking, consider growing your own. They don't take up much room, are an easy and tough crop, and by growing your own you can get cultivars (cultivated varieties) not available at markets. There are a few facts on onion growing which can make your onions excellent, instead of just good.



First, you'll need to choose which onions to grow. Consider the color - they come in reds, yellows, and whites. Consider the size, which often relates to use, such as the small white pearl onions for stews or large ones for slicing. Consider if you want to eat and use them fresh or store them, as some store much longer than others. Of course consider taste - do you like sweet or strong flavors?

Perhaps most important culturally is their day length requirement. Onions, depending on cultivar, require various amounts of light in order to form bulbs. For northern gardens look for "long day" onions which require at least 14 hours of light daily in summer to "bulb up". Or, you can choose "day neutral" ones, for which day length doesn't matter.

Next, figure how you'll start your onions. They can be grown from seeds, plants, or "sets". The latter are small bulbs which you plant with their pointed side up, tips just level with the soil surface, about 3 to 4 inches apart in a staggered spacing between rows. Contrary to what you might think, smaller sets are better as they are less likely to "bolt" than larger ones (flower and stop forming bulbs

prematurely). Sets are often recommended as the easiest method.

You also can start onions from purchased small plants, which are easy and what many do, but plants or sets offer you fewer choices than seeds. If you're starting from both sets and plants, put them in different areas, as the sets may be more prone to diseases. Space plants in rows similar to sets.

Perhaps the most variety is from starting plants yourself from seeds. Since they are a long season crop, taking over 3 months and often 4 months from sowing to harvest, it is best to start seeds indoors in the north. Seeds are short-lived, so start with fresh ones each year.

Sow seeds in flats mid-February to mid-March— about 8 to 10 weeks before planting out. Sow them just below the soil surface in rows and, when they are about 5 to 6 inches tall, thin to one-quarter inch apart or transplant into individual cells in 6-packs. If tops droop, cut them back to about 4-inches high. Use a heating mat to keep soil temperatures above 65 degrees (F) -75 to 85 degrees is best..

Whether you're planting sets, purchased plants, or those you started yourself from seeds, plant out about 2 to 4 weeks before the last usual frost date in your area. For northern gardens, this may mean planting out late-April to mid-May. To avoid problems and get the best crop, don't plant them in the same area onions or their relatives have grown the last couple years, nor where legumes (peas and beans) have recently been grown. Onions grow best in a well-drained, loose soil with lots of organic matter. A sandy loam with additional compost is ideal.

[Continue reading article.](#)



From Snowblowers to Lawnmowers

Towards the end of March or early April you may be looking to put your snowblower away for the season. Remember if part of your snowblower's maintenance includes an oil change, do so before storing and you will be ready for next winter. But in doing so, don't forget to properly dispose of used oil -- learn more about [used oil recycling for the do-it-yourselfer](#).



If you are in the market for a new lawn mower, consider a newer model that only requires the occasional addition of new oil, but does not require a full oil change. Or give an electric mower a try - no oil needed so there will be no greenhouse gas emissions.

SOURCE: [NYS DEC](#)



Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

The following information was published in the August 1940 edition of the 4-H Club News.



AROUND THE COUNTY WITH 4-H MEMBERS

Eleanor Sherman of the Gansevoort Busy Bees has a fine forestry plantation. She protected it from fire by plowing several furrows around it.

Burton Plummer of the Midshipmen 4-H Club has a fine potato demonstration on varieties. He planted nine varieties and will compare results. He set the demonstration up by himself.

Agnes Smith of the Hustlers of Harmony 4-H Club has a fine flock of New Hampshire chicks. It looks like a profitable project. She is planning to exhibit at the Fair and show some of the boys that girls can raise good chicks.

Dorothy King, Minnie Plummer and Margaret Lane have some fine 4-H dairy cattle and they are planning to exhibit them at the Fair. Better watch out boys as it will be stiff competition.

Agnes Seaman has a splendid 4-H record book covering her 4-H activities. It is one well worth looking at and she should be proud to own it. It is a good example for other club members to follow.

Boys with Rotary potato projects are doing a remarkable job of raising potatoes this year. They should really have something to exhibit this fall.

If blue ribbons were awarded to weedy gardens there would be quite a few given out. The funny part about it is that the club members with the most farm work to do have the best gardens, while boys who do not have much to do **have poor** gardens. I wonder why?

Martin Gannon, Stillwater, and Lester South, Ballston Spa, have completed 10 months of the Home Egg Laying Test. This test has given these boys some definite facts about how their poultry projects are doing and whether they are a paying business.

Irving Plummer, Ballston Spa, completed the second year forestry project which consists of collecting the leaves, twigs and fruit of 15 woodlot trees. This book was entered in the State Contest and Irving received a fine grade. Let's have more of these books another year.

Charles Vance of Gansevoort has completed the third year forestry project. It consists of woodlot improvement.



If you or someone you know would like to become a 4-H member or a 4-H Leader you can call and leave a message for Leland at 518.885.8995 or email glb76@cornell.edu.

4-H Teen Council Donates to Local Organizations



"I pledge my hands to larger service" is a phrase that all 4-H members are very familiar with.

Saratoga County 4-H Teen Council has been putting these words into action through recent community service activities. At their February meeting, Teen Council members made fleece "tie blankets", and these blankets were recently donated to local service organizations including Wellspring in Saratoga Springs, and the Veteran and Community Housing Coalition in Ballston Spa. In addition to making blankets, members also brought food and toiletry items to their meeting, and these items were donated to LifeWorks Community Action in Ballston Spa.

Community Service opportunities such as these are just one way that Saratoga County 4-H is working to achieve its mission of "creating caring, competent and contributing members of society".

Saratoga County 4-H Youth Development is open to all youth in Saratoga County ages 5-18. Saratoga County 4-H

offers a diverse range of programming opportunities that allow youth to "learn by doing". If you would like more information about Saratoga County 4-H you can visit their website at ccesaratoga.org/4-H, or call the CCE Saratoga office at 518.885.8995.



Front (Left to Right): Camilla Short, Julia Bodien, Abby Hull, Erin Kelleher; **Rear** (Left to Right): Adrianna Drindak, Addelayde Ross, Petra Gamage, Lena Haynes, Evan Lebediker, Henry Kelleher, Aurora Hanson, Paige Cook, Will Ives, Amber Cook

4-H Million Trees Project

This is a youth founded service-learning project to inspire 4-H youth to plant trees to slow global climate change.

Capital District 4-H is hosting this program in conjunction with Earth Day (April 22) & Arbor Day (April 30). Youth participants will take an active role in learning about trees, climate change as well as giving back to their community by planting & maintaining these trees in an approved public location of their choosing.

Why join this project?

Be a part of the 6 million 4-H youth from around the world who are personally committed to addressing the climate crisis:

- Reduce the atmospheric CO₂ by planting trees in shared spaces
- Engage in service-learning projects that impact your community
- Learn & experience planting tree seedlings & how to care for them

\$1.00 per requested pine tree seedling

To sign up, contact:
CCE of Saratoga County
Phone: 518-885-8995

OR

Email: g1b76@cornell.edu



Have fun while getting your hands a little dirty!

*Once you enroll, you will receive information about pick up times & locations, dates & times of the 3 virtual educational sessions, as well as guidance about selecting a location. All participants will be given a caregiver's agreement.

For more information on the project, visit:

www.4hmilliontrees.org or checkout their Facebook page at [4-H Million Trees Project](#)!

Website and Social Media

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



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