

April 26, 2021

Volume 2, Issue 16

CCE

Saratoga County

NEWSLETTER

Cornell Cooperative Extension

## EXTENSION NEWS

### Spring 2021 Tractor Supply 4-H Paper Campaign

#### April 28 - May 10

Funds raised during the 12-day campaign will create opportunities for 4-H'ers throughout the U.S. to participate in educational programs and enriching leadership experiences, from camps to community projects. Paper Clover funds directly support 4-H, with 90 percent used to fund state-level scholarships. The Company matches any donation made on a Tractor Supply private label credit card, with no limit to the match.

Paper clovers, the 4-H emblem, are available for sale in Tractor Supply stores and online at [TractorSupply.com](https://www.tractorsupply.com) from April 28 - May 10. The funds support scholarships for camps and leadership experiences that feature programming in animal care, woodworking, government and networking practices, along with others. All money raised during the fundraiser is dedicated to scholarship funding for varying state-level 4-H programs, benefiting youth directly in the state it was collected.

"The Paper Clover campaign helps empower and create opportunities for 4-H'ers across the country to build the skills needed to handle life's challenges, contribute to the world around them and ultimately develop into tomorrow's leaders," said Jennifer Sirangelo, president and CEO of National 4-H Council. "Thanks to our partnership with Tractor Supply Company, we are able to provide more youth with hands-on-learning opportunities – something that is vital to the development of their passions and interests."

For more information on the 4-H Paper Clover program, visit : [www.tractorsupply.com/4H](https://www.tractorsupply.com/4H).

Source: [Tractor Supply](https://www.tractorsupply.com)



#### 4-H Barbecue a Great Success....much thanks!

With the help of our community, the 4-H BBQ sold out of 500 chicken dinners! Congressman Paul Tonko once again showed up to support 4-H. Much appreciation to those who volunteered and/or purchased a dinner in support of 4-H. We are proud and **4-H Strong**.



## 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.*

## Saratoga County Sundae on the Farm Agricultural Scholarship



Saratoga County Agricultural Promotion Committee  
c/o Cornell Cooperative Extension, 50 West High Street, Ballston Spa, NY 12020  
(518) 885-8995 [www.saratogafarms.com](http://www.saratogafarms.com)

The Saratoga County Agricultural Promotion Committee will award scholarship(s) of up to \$2,000 to Saratoga County two-year, four-year or graduate students pursuing an agricultural degree and career. This award is presented in the summer of 2021.

Applicant must be:

- A resident of Saratoga County, New York
- Successfully attending and pursuing an agricultural degree at a college or university
- Pursuing an agricultural career to seek employment in the agricultural industry
- Entering their sophomore year or any academic year beyond including graduate studies

Applicant information should include:

- Name
- Address
- Phone
- Email address
- Name of Parent(s)/Guardian
- Date of Birth
- College attending, Years completed, Major, Expected Degree and Year to graduate
- Copy of college transcripts

Application must be postmarked by June 1, 2021 and mailed to:

CCE Saratoga - Ag Promotion Committee  
50 West High Street, Ballston Spa, NY 12020

Recipient will be notified of date and location of the awarding of the scholarship.

*This scholarship is made possible by all those who volunteer, support and contribute each year to Saratoga County's Sundae on the Farm.*

## Watercraft Inspection Steward Program is hiring!

Watercraft Inspection  
Steward Program

# WE'RE HIRING!

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

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

To Protect Our Lakes  
CLEAN · DRAIN · DRY.

Boat Steward on Duty  
Voluntary Boat Inspection  
STOP AQUATIC  
HITCHHIKERS!

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: [ccesaratoga.org/jobs](http://ccesaratoga.org/jobs)

## Village of Ballston Spa Celebrates Arbor Day

May 1, 2021 at 10:00 am

in front of O'Brien's Pharmacy, 4 Front Street, Ballston Spa, NY 12020

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The Village of Ballston Spa is a Tree City USA from the Arbor Day Foundation and will be celebrating Arbor Day this year on Saturday, May 1, 2021 at 10 am in front of O'Brien's Pharmacy to plant a new street tree.

The Village of Ballston Spa formed the advisory Park and Tree Board to make recommendations on trees and other plantings in the Village's parks and along village streets. The five-member Board has representatives from six community organizations: Ballston Spa Business and Professional Association (BSBPA), Rotary, Lions Club, House and Garden Club, Friends of the Kayaderosseras and Saratoga County Cornell Cooperative Extension (CCE). The appointed members are Stacy Simmons (BSBPA), Ray Otten (Rotary), Ed Hersh (Lions), Judy Esposito (Garden Club), Mike Tower (Friends of Kayaderosseras) and Kristopher Williams (CCE). The Board is chaired by Stacy Simmons. Trustee Liz Kormos is the liaison for the committee to the Village Board. Each of these organizations has a long history of caring for and planting trees, shrubs and flowers in the Village and have come together

to beautify and maintain the parks and street trees. Trees and shrubs provide long lasting benefits to the Village not only in environmental health, but also to reduce flooding, provide wildlife habitat, increase property values, provide shade for walkers and bicyclists, and improve the quality of life for all village residents, businesses and visitors.

The Village received an Urban Community Forestry Grant from the New York State Department of Environmental Conservation (DEC) to conduct a Tree Inventory and Management Plan for the street and park trees this year. A request for proposal has been released and the village hopes to select a consultant in May and have the selected consultant start their work by June. Social distancing and masks will be required per NYS COVID-19 guidelines.



## Spring Tire Recycling Program

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**When:** Tuesday, May 25,  
4:00pm - 5:30pm

**Where:** Moreau Transfer Station  
(Corner of Route 9 & Butler Rd, Moreau)

This program is open to all Saratoga County residents. Registration & proof of residency is REQUIRED; please register by Friday, May 21.

- Photo ID with address will be required at drop off
- Maximum of 10 tires per vehicle
- Tires must be:
  - whole and clean
  - passenger car or passenger truck tires only
- Payment is due at time of collection (\$5.00 each)
- Payment must be made in EXACT CASH
- Registration must be done through email or mail.



## No-Till Seed Drill Rental Program

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Saratoga County SWCD is now accepting requests to rent their 2007 No-Till Sunflower Drill. Please [see the flyer](#) for more information. Also, the [Rental Request Form](#) will need to be completed for prospective users.



The No-till seeder is used for cover crop applications. Fall seed recommendations include cover cropping with Winter Rye, Annual Rye grass, White clover, Red clover, Barley or even Oats are all good cover crop species. Follow seed rate recommendations as per species.

The seeder has a 7.5' working width, which makes it ideal for over seeding pastures in spring. This will help to reestablish stressed pastures to develop a good stand of forage prior to grazing season. Pasture seed recommendations include cool and warm season grass varieties.

Last the seeder can be used to establish forage crops that that will be harvested and baled. These grass types include Alfalfa, Timothy hay and clovers.

[Registration form due by May 21.](#)



## Farm Business Foundations: Quick, useful & free!

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Cornell Cooperative Extension's Southwest New York Dairy, and Field Crops Program (SWNYDLFC) invites farm managers and aspiring farmers to learn more about Farm Business Management through an interactive webinar series. "Farm Business Foundations" will be presented on Thursdays in May from 7:00 PM - 8:00 PM via Zoom webinar. There is no cost to participate, but registration is required by visiting [tinyurl.com/farmbiz](https://tinyurl.com/farmbiz).

### So, You Want to Start a Farm?

Thursday, May 6th, 7:00 PM - 8:00 PM

Topics include the basics of starting a farm business, an online of who's who, an introduction to available resources, and a discussion on "Is farming right for you?".

### Farm Business Planning for Beginners

Thursday, May 3, 7:00 PM - 8:00 PM

Topics include farm management, marketing and regulations, insurance, and SWOT analysis.

### Analyzing Farm Enterprises

Thursday, May 20, 7:00 PM - 8:00 PM

Topics include 'Hops, Hogs, and Honey - Oh MY!', market analysis, evaluating assets, and farm diversification.

### Farm Financial Management Basics

Thursday, May 27, 7:00 PM 8:00 PM

Topics include record keeping methods, common financial statements, and tax consideration.

While webinars are free, registration is required by visiting [tinyurl.com/farmbiz](https://tinyurl.com/farmbiz) or calling 716-640-0522. If you're not able to make it live, register anyway and you'll receive a workshop recording. Zoom capabilities are required.

Farm Business Foundations is a Virtual Workshop Series



for Beginning and Transitioning Farmers presented by Katelyn Walley-Stoll, Farm Business Management Specialist with Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program. Funding for this project provided by the State of New York, American Farmland Trust, and the Cornell University New York Dairy and Livestock Risk Management Education Project. FSA Borrower Credits Pending.

SWNYDLFC is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. Their team includes Katelyn Walley-Stoll, Farm Business Management (716-640-0522); Joshua Putman, Field Crops (716-490-5572); Alycia Drwencke, Dairy Management (517-416-0386) and Amy Barkley, Livestock Management (716-640-0844). CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. For more information, visit [www.swnydlfc.cce.cornell.edu](http://www.swnydlfc.cce.cornell.edu).



[Photo link](#)



## USDA's National Agricultural Classification Survey is Underway

The USDA's National Agricultural Classification Survey (NACS) is arriving in mailboxes around the nation. The survey, one of the most important steps in determining who should receive a 2022 Census of Agriculture questionnaire, asks recipients if they are involved in agricultural activity. The USDA's National Agricultural Statistics Service (NASS) recently mailed the NACS to 633,000 potential agricultural producers. NASS requests that each person who receives the survey respond by May 3.

"The NACS shows the breadth of American agriculture and helps to ensure we get a complete count of farms and ranches in the upcoming agriculture census," said NASS Census and Survey Division Director Barbara Rater. "Every response matters. Even if a recipient believes the survey does not apply to them, we ask that they respond online to at least the initial screening questions."

NASS encourages recipients to respond securely online at [www.agcounts.usda.gov](http://www.agcounts.usda.gov), using the 12-digit survey code mailed with the survey. Completed questionnaires may also be mailed back in the prepaid envelope provided.

Referenced by countless national and local decision-makers, researchers, farm organizations, and more, the once-every-five-year Census of Agriculture is the leading source of facts about American agriculture. "The NACS ensures that everyone who produces and sells, or would normally sell, \$1000 or more of agricultural product in a calendar year have a voice by being represented in the agriculture census," said Rater.

If you did not receive the 2017 Census of Agriculture or the NACS and believe you should have, please sign up to be counted at [www.agcounts.usda.gov/getcounted](http://www.agcounts.usda.gov/getcounted). All information reported by individuals will be kept confidential, as required by federal law. For more information about the NACS, visit [www.nass.usda.gov/go/nacs](http://www.nass.usda.gov/go/nacs). For assistance with the survey, please call 888-424-7828.

*NASS is the federal statistical agency responsible for producing official data about U.S. agriculture and is committed to providing timely, accurate, and useful statistics in service to U.S. agriculture.*



United States Department of Agriculture  
National Institute of Food and Agriculture



## Horse dry lots and shelters



### Benefits of dry lots

Dry lots play a key role in rotational grazing systems. They are an area for providing shelter, hay, feed, water and access to adjacent paddocks and pastures.

- Dry lots are an area to house horses when pastures need rest such as when most of the pasture has been grazed to 3 to 4 inches or during the winter when pasture is no longer growing.
- Dry lots also provide space and turnout for horses with metabolic syndrome that cannot safely graze pasture due to the potentially high nonstructural carbohydrate content of grass.

Horses only turned out to dry lot will need hay to make sure they reach their dietary needs. On a dry matter basis, most horses commonly consume around 2 percent of their body weight in forage per day.

[Continue reading](#) to find out where to place your dry lot, how to select fencing and placing gates, and how to maintain your dry lot.



**SOURCE:** University of Minnesota Extension

## Biosecurity: Protecting Horses and Farms during Show Season

Learn simple steps on how to protect your horses during show season!



We all love showing and traveling with our horses. We also want our horses to remain healthy and happy, reducing disease spread as much as possible! The **Biosecurity: Protecting Horses and Farms during Show Season** event will focused on simple steps you can take to keep your horse healthy as you enjoy exhibiting and exploring in the months ahead! Dr. Jeff Bissett with the Pennsylvania Department of Agriculture shared the importance of biosecurity and how you can protect your horse and farm while participating in exhibitions and off the farm excursions. [Watch the recorded webinar](#) to learn ways to keep your horse healthy so you and your equine partner can enjoy the months ahead!

**SOURCE:** [PSU](#)

# Maple Syrup. Fresh from Local Farms

By Diane Williams, MS, Food & Nutrition Educator

With the sweet maple sugaring season just behind us, it's time to stock up on some maple syrup from local farms. I love maple season because it signifies the coming of spring as the air and ground temperatures warm up in the strengthening sunshine. I

make an annual pilgrimage to a maple sugarhouse to not only see sap boiling down to syrup, but to smell the sweet steam as it rises out of the sap. This year, I was able to buy a gallon of syrup that was still warm from the evaporation tank.



*Maple syrup* may be substituted in any standard recipe for all or part of the granulated sugar required.  $\frac{3}{4}$  cup of maple syrup equal 1 cup of sugar.

- When using maple syrup as a substitute, reduce liquid in the recipe 3 tablespoons for each cup of syrup used.

## Food Safety

- Maple Syrup - If mold is found on top of syrup, skim it off, bring syrup to a boil and skim the surface again before returning it to a sterile container.

## Nutritional Highlights of Pure Maple Syrup

- Pure maple syrup has the same calorie and sugar content as white cane sugar, however pure maple syrup also provides calcium, potassium, iron, phosphorus and B vitamins.
- When compared to artificial maple syrup made with high-fructose corn syrup, pure maple syrup not only provides more vitamins and minerals, it also contains less sodium.
- New research confirms that pure maple syrup also possesses antioxidants and anti-inflammatory agents. These compounds can help in fighting diseases, such as heart disease and certain types of cancers.

## Weblinks/more information/recipes

Cornell Sugar Maple Research & Extension Program  
<http://maple.dnr.cornell.edu/recipes.htm>

## Maple Butter

### Ingredients

- $\frac{1}{4}$  cup soft butter
- $\frac{1}{4}$  cup maple syrup

Directions: In a mid-size bowl, whip butter until creamy. Gradually add the maple syrup and whip until the mixture is smooth. This maple butter is delicious served on waffles or spread on thin, rolled crepes.



## Buying Maple Syrup

Maple syrup is graded according to its color and flavor before packaging. There are four varieties of Grade A maple syrup available:

- 1) Golden color & delicate taste - use for maple candies
- 2) Amber color & rich flavor - most popular table syrup variety
- 3) Dark color & robust flavor - use for cooking, glazing, baking, topping, etc.
- 4) Very dark & strong flavor - works well in baked goods



## Storing Maple Syrup

- Unopened → store in a cool dark place
- Opened → refrigerate to prevent mold growth
- Syrup may be frozen

**Using /Substituting** - When cooking with maple syrup it's best to use a recipe developed for maple syrup, however, substitutions can be made.

## Farmers' Market Recipe

Emily Hall - Dietetic Intern, CCE Saratoga

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Pure maple syrup is available at local Farmers' Markets! Many brand name or store bought syrups are filled with high fructose corn syrup and artificial flavorings. Pure maple syrup offered at local Farmers' Markets is made from concentrating and heat-trapping sap from local maple trees without any additives or preservatives. Pick up some local pure maple syrup and try out the recipes below!



### Cinnamon Maple Granola

4 cup old fashioned oats  
2 tsp cinnamon  
1/3 cup brown sugar  
½ cup pure maple syrup  
1/3 cup vegetable oil  
1 ½ tsp vanilla extract

Preheat oven to 325°F. Prepare a large, rimmed baking sheet with parchment paper. In a large bowl, combine all ingredients and stir. Transfer the oatmeal mixture to prepared baking sheet. Spread out into an even layer, pressing down on the mixture to compress. Bake for 35-40 minutes. Remove from oven and let cool for 45 minutes. Break into little pieces and store in an air-tight container for up to two weeks!

### Maple French Dressing

½ cup ketchup  
¼ cup pure maple syrup  
¼ cup apple cider vinegar  
½ tsp salt  
1/3 cup canola oil  
¼ tsp each: pepper, dry mustard, ginger

Whisk together ingredients and refrigerate until ready to use. Enjoy! (Makes 1 ¼ cup dressing.)

## Farmers' Markets

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### 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/>

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### 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/>



## 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](#).



### CCE Saratoga's Homesteading Series featured in Simply Saratoga Magazine

When COVID 19 changed our society last year CCE educators recognized a trend toward interest in self-sufficiency. Out of that was born our Homesteading & Self-sufficiency series of articles and webpage at <http://ccesaratoga.org/agriculture/homesteading-and-self-sufficiency>. Simply Saratoga magazine, a free, color-glossy publication, has been publishing our articles for over a year.

Three of CCE Saratoga's educators take turns writing articles. Jessica Holmes writes on the topic of gardening, Nicolina Foti writes about animals on the homestead, and Diane Whitten writes about food preservation and emergency food preparedness.

You can read Jessica's article, *The Circle of Your Garden: Crop Rotation*, in the current issue of Simply Saratoga

Home & Garden at this link [Simply Saratoga](#), or pick up a free copy when you see them, including at Healthy Living Market at the Wilton Mall. The magazine's editor always does a beautiful job with their graphics making the articles very appealing.



Our educators are always open to suggestions for topics to highlight, so contact them with your thoughts. Jessica Holmes: [jmh452@cornell.edu](mailto:jmh452@cornell.edu), Nicolina Foti: [nvf5@cornell.edu](mailto:nvf5@cornell.edu) or Diane Whitten: [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu).



### Chainsaw Safety for Homeowners

Every year, a large number of people are treated in hospital emergency departments for injuries occurring from chain saws. The potential risk of injury increases after natural disasters, such as high winds, electrical storms, winter ice and snow storms when chain saws are widely used to remove fallen or partially fallen trees and tree branches.

Most homeowners should leave the clean up to the professionals, but for those who decide to perform the cleanup themselves, [this brochure highlights safety rules](#) that professional loggers follow for proper operation and maintenance of a chainsaw.

**SOURCE:** NYSDOH



### Annual Spring turn-Out Grazier Meeting, April 29!

*Get together with CCE educators and other farmers for information and discussion.*

**When:** Thursday, April 29 - 7:00 PM - 8:30 PM

**Where:** Online via Zoom

**Register by April 28**

**Cost:** \$5/person for residents of Albany, Columbia, Greene, Rensselaer, Schenectady and Washington Counties; residents of all other counties, \$10/person

Ashley Pierce will discuss principles of how to adapt your sheep, cattle, and goats to your farm environment and management. Good and bad forbs – the herbaceous perennial plants other than grasses and legumes in pastures – are the topic of discussion for Aaron Gabriel's portion of the program. Dayton Maxwell will help us understand the different types of money in a farm business and how to spend it to best advantage.

Presented by the Capital Area Agriculture & Horticulture Program and Cornell Cooperative Extension Albany County .



### Grow your own Food!

This article is intended for homeowners and apartment dwellers who are interested in ways to mitigate and adapt to the effects of climate change, reducing their carbon footprint, and achieving a sustainable lifestyle.



### Growing your own food!

- ◇ Provides you and your family with fresher foods with better nutritional value, keeping chemical fertilizers and pesticides off your plate.
- ◇ Home grown foods are found to be much higher in antioxidants!
- ◇ Lessens the grocery bill during the summer.
- ◇ Continues cost reduction if you freeze or can the surplus.
- ◇ Protects water and air quality and promotes healthy soil when chemical fertilizers and insecticides are avoided.
- ◇ Reduces your carbon footprint by limiting use of fossil fuels required for refrigeration and transportation of foods.

### Things you will need

- ◇ **Growing season** in Saratoga County is about 158 days
- ◇ **Seeds and/or plants**—Small garden centers have knowledgeable staff to assist with purchases and questions. Cornell Cooperative Extension has lists of recommended varieties for our state.
- ◇ **Soil!** - Use what dirt is available or purchase a couple bags, asking questions as to the content of the soil mix. Most crops are happy in a slightly acidic-neutral environment, (6.0-7.0 pH) but potatoes and blueberries have different needs.
- ◇ **Containers**—Seedlings can be put in a garden plot, raised beds or containers. Start small, a 3' x 3' bed or 3-4 large pots. Containers work well for tight spaces and have the advantage of being moved around to follow the sun.
- ◇ **Sun**—4-6 hours of hot mid day sunshine.
- ◇ **Water**—Growing plants need about 1" per week.

Collect water in a rain barrel, rain water is soft, plants love it. Watering hoses on the ground dispense more water directly to the plant roots therefore there is less wasted water.

- ◇ **Mulch**—Helps retain soil moisture, keeps weeds down and adds organic matter as it decomposes, enriching the soil.
- ◇ **Garden Journal**—Keep a record of events in your garden, be a detective in your own backyard. Record frost dates, plant varieties, bloom and harvest times, periods of drought, weather events, insects, diseases and their treatments, successes and failures.

### Things to consider:

#### Easier vegetables

**Lettuce** grows quickly, harvest the outside leaves while it is growing; will tolerate shade

**Green or yellow beans** delicious raw or steamed, produces all summer

**Zucchini** grows like a weed; sauté, bake, eat raw with dips

**Tomatoes** cherry or full-size, easy to freeze at the end of the season

**Cucumbers** like to sprawl, provide necessary space

- ◇ The pH of your soil can be tested for \$1.00, bring a cup (dug 4") to 50 West High Street, Ballston Spa. This determines the acidity or alkalinity of your soil. A neutral pH helps deliver the most minerals to your plants.
- ◇ Using compost to mix into your soil, eliminating synthetic fertilizers. Remember, excellent soil leads to healthy, vigorous plants and strong plants aren't as likely to be attacked by pests and can often beat competition from weeds.
- ◇ Turning garden soil by hand, maintaining mycorrhizal fungi and earthworms.
- ◇ Diversifying your crops and mixing them up in your beds or containers. All of one kind of plant or plant family is an easy target for pests.
- ◇ Placing strong smelling herbs and flowers among the vegetables to attract beneficial insects (lady bugs, ground beetles, lacewings) and to discharge others.

*Continued on next page*

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- ◇ Placing strong smelling herbs and flowers among the vegetables to attract beneficial insects (lady bugs, ground beetles, lacewings) and to discharge others.
- ◇ Planting potatoes or carrots in large containers for easier harvest.
- ◇ Rotating your crops annually to help control insect pests.
- ◇ Sowing cover crop seeds at the end of the season replenishes the soil. Any cover crop turned under will release nitrogen as the plant decomposes and builds tilth.
- ◇ Making fruit trees and berry bushes part of your home landscaping



**Contact Cornell Cooperative Extension**

**50 West High Street, Ballston Spa**

*by phone (518-885-8995) or visit for additional information to answer your questions.*

There are hundreds of research based handouts available topics include:

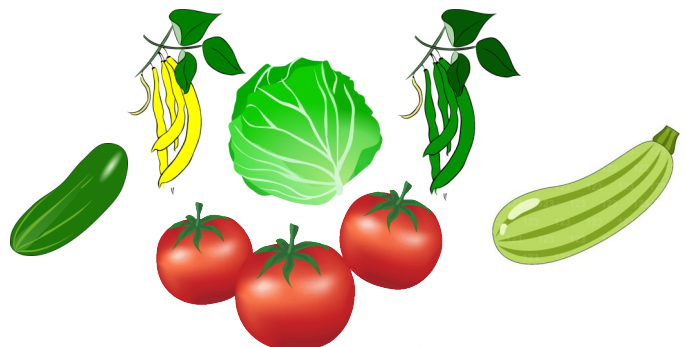
Companion planting  
Composting  
Container planting  
Cover Crops; improving your soil  
Disease resistant cultivars  
Insects  
Mulch  
Plant diseases  
Raised bed gardening  
Soil preparation  
Transplant  
Vegs., when and where to start  
Troubleshooting in the home garden

# GARDENING RESOURCES



## Resources:

- Vegetable Gardening Resources  
[Vegetable Gardening \(Part 1 of 2\) \(wpmucdn.com\)](http://wpmucdn.com)
- Indoor Vegetable Seed Starting  
[Microsoft Word - Indoor Vegetable Seed Starting.doc \(wpmucdn.com\)](http://wpmucdn.com)
- Site Assessment for Better Gardens and Landscapes  
[Site-Assessment-Booklet.pdf \(wpmucdn.com\)](http://wpmucdn.com)
- Vegetable Gardening FAQs  
[Vegetable Gardening \(Part 1 of 2\) \(wpmucdn.com\)](http://wpmucdn.com)
- Find Your Zone  
[USDA Plant Hardiness Zone Map](http://wpmucdn.com)







## Preserve the Bounty

A series of virtual  
home food preservation classes

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**When:** April 24, April 27, May 13, June 10, July 22, Aug 12

**Where:** Classes are virtual (Zoom) until further notice

A series of virtual home food preservation classes will be offered by Cornell Cooperative Extension of Albany County this spring and summer. The series began on Saturday, April 24 with Boiling Water Canning, Steam Canning and Pressure Canning.

Tuesday, April 27 from 1:00 PM to 2:00 PM

### Fermented Vegetables

We will learn about the history and the health benefits of fermented foods, then we will have a demonstration on how to make sauerkraut and kimchi. [Register here](#)

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Thursday, May 13 from 6:30 PM to 7:30 PM

### Dehydration of Fruits, Vegetables and Herbs

Come learn how to preserve apple slices, berries, carrots, cherry tomatoes and fresh herbs like parsley and dill at home in a dehydrator. Discover the history and convenience of this easy method of food preservation. [Register here](#)

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Thursday, June 10<sup>th</sup> from 6:30 PM to 7:30 PM

### Freezing Fruits and Vegetables

In this class, we will learn techniques to preserve the best of the local summer bounty and allow you to enjoy these tastes all winter long. [Register here](#)



Wednesday, June 16 from 1:00 PM to 2:30 PM

### Jammin'!

Making jam or jelly seems to be everyone's favorite food preservation activity, but it is not necessarily easy! Come learn the magic behind making sweet spreads and the basics of boiling water canning. [Register here](#)

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Thursday, July 22 from 6:00 PM to 7:30 PM

### Tomatoes 101

Learn how to preserve this popular staple as I demonstrate how to safely put up simple diced tomatoes and salsa using a Boiling Water Canner. [Register here](#)

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Thursday, August 12 from 6:00 PM - 7:30 PM

### Quick Pickles

Learn how easy it is to make two classics - bread and butter pickles and dilly beans for your lunch box or charcuterie board, using the boiling water canning process. [Register here](#)



Call Karen with any questions or if you have trouble registering. Leave a message at 518-765-3552.

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## Master Gardener Lab

Our Master Gardener lab is accepting plant and insect samples, as well as soil samples. You are welcome to drop off your samples at the Cooperative Extension Office, Monday - Friday, 8AM - 4 PM. **Cost:** \$1 per sample (pH only)



If you would like to visit a Master Gardener in-person at the office please call to arrange a visit; 518-885-8995.

[How to take a soil sample?](#)

## 2021 NYS 4-H Virtual Forestry Zoom Series Registration Open

### When:

May 5, 12 & 19

Following in the successes of the 2020 NYS 4-H Forestry event and the 2021 4-H Fly-by, the Youth in Nature & Outdoor Education PWT are

once again offering a virtual 3-part NYS 4-H Forestry series to replace the Forestry weekend. We will have two tracks, one for beginners (no matter their 4-H age) and one for youth who have more advanced skills (greater skill challenges).

To register, email Leland at [glb76@cornell.edu](mailto:glb76@cornell.edu) by May 2<sup>nd</sup>.



## NYS 4-H Career Explorations

spark future possibilities

NEW YORK STATE **4-H CAREER EXPLORATIONS**

**SAVE THE DATE**

Thursday, June 17 4 - 6 PM: Opening Ceremony

**June 18 - 30: Cornell Leaders and 4-H Alumni Connections.**  
**Virtual Social Activities. Specialist or Generalist Activities.**  
Engineering \* Nanotechnology \* Art \* Human Development \*  
Fiber Science \* Astronomy \* Geospatial Science \* Food Science \*  
Math \* Information Sciences

**Thursday, July 14 - 6 PM: Closing Ceremony**

Open to youth ages 13 - 19. Youth can pick their own career exploration path (Generalize or Specialize), regardless of age. Registration is \$50 per youth (no cost to adults). Some scholarships available. Youth need to sign up with an adult mentor. Registration opens early April and closes mid-May.

Learn More: <http://bit.ly/CareerExInfo>

# 4-H Tractor Safety

STARTING  
MAY 6TH

CLICK HERE FOR MORE  
INFORMATION



OPEN TO YOUTH  
14 AND OLDER

# 4-H Walkathon

Saturday, May 22nd, 2021

at the  
4-H Training Center  
or  
Virtually



Pre-Registration Required

Click Here to  
Register!

Cornell Cooperative Extension  
Saratoga County



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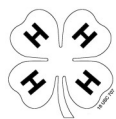
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## Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

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The following article, Teen of the Month - Kathy Lambert" was written by Sue Balet. Both Lambert and Balet were members of the Belles and Bows 4-H Club. It was published in the April 1987 edition of Saratoga County's 4-H "Highlights".



### TEEN OF THE MONTH

Kathy Lambert  
*by Sue Balet*



Kathy Lambert

Many of the 4-H'er of Saratoga County get highly involved in the 4-H program. They take projects from sewing and citizenship to photography and horse. 4-H'ers learn so much from the projects they take as well as have fun with them.

A recent member of the Belles and Bows 4-H club, but now an individual member, she has involved herself in many projects in the county. This 4-H'er is Kathy Lambert. She enjoys 4-H very much and has learned a great deal from it in her eight years.

Miss Lambert especially enjoys her citizenship and junior leadership projects. They involve working with people which she likes fondly. Other projects she is taking are sewing, foods, photography, computers and Teen Ambassadors.

Kathy has found the citizenship project most pleasurable. She finds time to make the community around us more enjoyable.

The Saratoga Museum at Brookside is where much of her work was done. At the Museum she helped out at harvest festivals, the teddy bear picnic and craft fairs. Kathy sold goods in the snack bar, helped collect admissions, and joined in on the activities held. Also at Brookside, Kathy helped set up an exhibit about RAD, otherwise known as the Rural Architectural Documentation Program. In RAD a group, including Kathy, took pictures of old farmsteads and learned about their histories.

Another exciting item for her was being the youth supervisor of the Wilton Recreation Center After-School day care program. Kathy and a few other girls were there for eight weeks working with 7 to 10 year olds. Miss Lambert taught kids how to do some projects as we do in 4-H.

Last year, Kathy went on the Washington Citizenship Focus Trip. She learned much about the government, volunteerism, and leadership. Other trips she has gone on are Capital Days, Club Congress and Camp Arnot. Kathy thought they were very exciting because she learned new things and met new people.

In the next few months, Kathy will be sewing for fashion revue, hopefully get more involved in the Teen Council program and continue helping kids more as a junior leader. As you can see, Kathy Lambert is a very accomplished girl reaching new goals each and every day.

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## Saratoga County 4-H Alumni Facebook Group

If you were a prior 4-H'er in Saratoga County, we invite you to join our Facebook group Saratoga County 4-H Alumni. We hope this group will help our 4-H Alumni connect with their fellow 4-H'ers!

**SARATOGA COUNTY  
4-H ALUMNI**





## Website and Social Media

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



CCE Saratoga



4-H



CCE Equine



Agriculture  
Economic  
Development



Capital Region  
PRISM

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