

April 27, 2020

Volume 1, Issue 4

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

## EXTENSION UPDATES

### Saratoga County 4-H Member Named NYS FFA Star Farmer

#### FROM Morning Ag Clips

By Mary-Elizabeth Foote, Schuylerville FFA

A little over 30 years after his father won, Schuylerville FFA member Adam King has been named the 2020 New York State FFA Star Farmer by the New York State FFA Association. The State Star Farmer is awarded to the FFA member that displays the top production agriculture supervised agricultural experience in New York while demonstrating outstanding achievements, active FFA participation and an exemplary scholastic record.

....[continue reading article](#).



Photo by Morning Ag Clips

### USDA Farmers to Families Food Box

As part of the Coronavirus Farm Assistance Program Secretary Perdue [announced on April 17](#) that the USDA is exercising authority under the Families First Coronavirus Response Act to purchase and distribute up to \$3 billion of agricultural products to those in need. USDA will partner with regional and local distributors, whose workforce has been significantly impacted by the closure of many restaurants, hotels, and other food service entities, to purchase fresh produce, dairy, and meat.

USDA will issue a solicitation to invite proposals from offerors to supply commodity boxes to non-profit organizations, identified by the offeror, on a mutually agreeable, recurring schedule. USDA will award contracts for the purchase of the agricultural products, the assembly of commodity boxes and delivery to identified non-profit organizations that can receive, store and distribute food items.

Agricultural Marketing Service's Commodity Procurement Program will procure an estimated \$100 million per month in fresh fruits and vegetables, \$100 million per month in a variety of dairy products, and \$100 million per month in meat products. The distributors and wholesalers will then provide a pre-approved box of fresh produce, dairy, and meat products to food banks, community and faith-based organizations, and other non-profits serving Americans in need.

For details on purchases, visit the [solicitations page](#).

#### Request for Proposal and Applicable Attachments

[RFP - ERAcquisition \(pdf\)](#)

[RFP Attachment 1 Emergency Acquisition MSCP \(pdf\)](#)

[RFP Attachment 2 Compilation of TEFAP sites for AMS \(xls\)](#)

#### Additional Resources

[Subscribe to receive updates on food purchases](#)

[Web Based Supply Chain Management](#)

## OUR MISSION

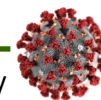
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Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities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

## CCE Saratoga in times of COVID-19

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CCE prioritizes the health, safety and well-being of the communities we serve. Given the uncertainty surrounding COVID-19, and due to an abundance of caution, all on-site and off-site programs, workshops & 4-H activities and all 4-H Club meetings are cancelled effective immediately until further notice.



In addition, our offices will be closed to the public, including our volunteers, beginning at noon on Wednesday, March 18, again, until further notice.

Please be assured we are committed to supporting our communities through this very difficult time and encourage you to [visit our website](#) and social media regularly for up-to-date information including links to relevant websites.

If you need to contact us, call (518) 885-8995 and leave a message or email [our staff](#).

## CCE Saratoga's Diane Whitten interviewed on STAR Radio

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Diane Whitten, M.S., Nutrition Educator, Cornell Cooperative Extension Saratoga County, was [interviewed on STAR Saratoga radio with Walt Adams](#) during one of his Sunday Jazz Brunch

Show. She talks about nutrition and immunity, staying safe while grocery shopping, handling produce and other groceries.

Diane stresses the importance of eating fruits and vegetables to boost your immune system. Here are [10 tips to help you eat more vegetables](#) and [10 tips to help you eat more fruit](#).

Support your local farmers by buying your fruits and vegetables, and other essentials at local **Farmers' Markets**, such as the [Spa City Farmers' Market](#) and [Saratoga Farmers' Market](#).



## Freezing Vegetable, including Asparagus & Rhubarb — via Zoom

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Asparagus is the earliest vegetable you can harvest from your garden in the spring. Rhubarb is easy to grow and will stand considerable neglect and still be there the following spring.



Learn tips and techniques for freezing vegetable, including asparagus and rhubarb, to have the highest quality frozen product.

Topics such as blanching, packaging, storage conditions and resources will be discussed.

Time: May 1, 2020 11:00 AM Eastern Time

Join Zoom Meeting

<https://cornell.zoom.us/j/881892726>

For more information contact Diane Whitten at [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu) or 518-885-8995.

## SARATOGA COUNTY FARMS Open During COVID-19

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### Willow Marsh Farm

Monday—Tuesday **Closed**  
Wednesday—Friday **10am –6pm**  
Saturday **10am-5pm**  
Sunday **12pm-5pm**  
(518) 885-8731  
343 Hop City Rd  
Ballston Spa, NY 12020

### King Brothers Dairy

Home delivery available  
Monday—Saturday **9am-7pm**  
Sunday **12pm-5pm**  
[kingbrothers.deliverybizpro.com](http://kingbrothers.deliverybizpro.com)  
(518) 695-6455  
311 King Rd,  
Schuylerville, NY 12871

### Old Saratoga Mercantile

Place orders online, with curbside pickup only.  
\*schedule curbside pickup time  
Monday –Friday **9am-6pm**  
Saturday—Sunday **9am-5pm**  
[www.oldsaratogamercantile.com](http://www.oldsaratogamercantile.com)  
(518) 695-3678  
1120 NY-29,  
Schuylerville, NY 12871

### Wm. H. Buckley Farm

Curbside pickup is available  
Friday **9am to 4pm**  
Saturday **9am to 4pm**  
Sunday **9am to 4pm**  
[www.buckleyfarm.com](http://www.buckleyfarm.com)  
(518)-280-3562  
946 Saratoga Road  
Ballston Lake, NY 12019

### Smith Orchard

Pie Shop closed but Orders available with scheduled pickup  
Monday **9am-6pm**  
Tuesday **Closed**  
Wednesday —Saturday **9am-6pm**  
Sunday **9am–2pm**  
(518) 882-6598  
4561 Jockey Street  
Ballston Spa, NY 12020

### Greenfield's Forever

Self Service  
Monday –Sunday **8am-5pm**  
(518) 265-1322  
236 Wilton Rd.  
Greenfield Center, NY 12833

### Saratoga Apple

Store is open; Curbside pick up is available.  
Friday & Saturday Pop up dinners are available from *Vashti's kitchen delights*  
[vashtiskitchendelights.com](http://vashtiskitchendelights.com)  
Monday –Sunday **9am-6pm**  
(518) 695-3131  
1174 NY-29,  
Schuylerville, NY 12871

### 9 Miles East

Order meals and schedule delivery's online  
[subscriptions.9mileseast.com](http://subscriptions.9mileseast.com)  
(518)-810-3731  
[adam@9mileseast.com](mailto:adam@9mileseast.com)

### Maple Valley Farm

Call ahead to place order  
Monday –Sunday **10am-4pm**  
(518) 654-8775  
84 Harris Rd.  
Corinth, NY 12822

### Sugar Oak Farms

Online orders available for scheduled pick up and delivery within 10miles  
Store Open Thursdays  
**10am-1pm & 7pm-9pm**  
[www.sugaroakfarms.com](http://www.sugaroakfarms.com)  
(518) 288-8653  
50 Atkins Rd.  
Malta, NY 12020

### Maple Hill Farms

Open Monday– Sunday **8 am-5pm**  
(518) 863-4188  
167 Tennantville Rd.  
Edinburg, NY 12134

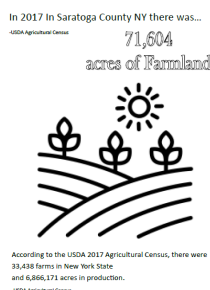
### Nightingale's Maple Farm

Monday-Saturday **12-6pm**  
Sunday **Closed**  
(518) 882-9334  
4888 Jersey Hill Rd,  
Amsterdam, NY 12010



## Farm to School Coloring Pages

Farm to School is a program in the United States through which schools purchase and include locally produced, farm-fresh foods such as dairy, fruits and vegetables, eggs, honey, meat, and beans on their menus. Schools also incorporate nutrition-based curriculum and offer students with experiential learning opportunities such as farm visits, garden-based learning, and recycling programs. Because of the Farm to School program, students have access to fresh, local foods, and farmers have contact to new markets through school sales. Farmers are also able to partake in programs designed to educate kids about local food and agriculture.



CCE Farm to School Outreach aims to help extension professionals, food service professionals, farmers, teachers, parents and community members develop farm to school connections.

The Saratoga Farm to School program has been working hard with our participating schools and farms. It is unfortunate we are unable to see and work with the students in our county at this time, but we have been thinking of them! Because of that, we have created a Farm to School Coloring book for all students in and out of our county and Farm to School program. This [coloring book](#) is filled with interesting facts about agriculture in Saratoga County and New York State!



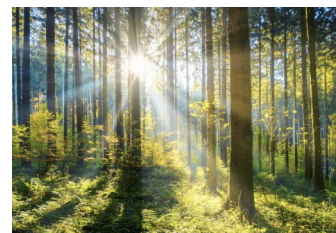
## Keep Forests Healthy While Social Distancing

**Tuesday, May 5, 2020, 1:00 PM - 2:30 PM**

During these uncertain times, many of us are looking for opportunities to stay healthy and engaged at a safe social distance. There are few places more inviting than your woods to do just that.

This webinar highlights the Keep Forests Healthy Assessment and Scorecard. A tool to help landowners identify risks and strengths to the long term health of their woodlands. We will explore what makes a healthy forest and how to assess that in your woods. To do this, we will learn key concepts and share the Keep Forests Healthy Assessment and Scorecard. This is a great tool for landowners, stewards and forest professionals. At the end of the session, landowners will have the tools to go out and use the tool as a productive activity during this unprecedented time!

The webinar is free and will be provided through Zoom. Please follow the link to register and the meeting information will be sent to your email. You will have an opportunity to complete a short survey on your experience using the Scorecard. You can join from the zoom platform on your computer or use the Zoom app on your phone.



No cost to attend. For [more information and to register](#)

This project is a collaboration between:



Cornell Cooperative Extension  
Onondaga County

Cornell Cooperative Extension  
Columbia and Greene Counties

## CCE announces resource on how to use wild edible plants

**Edible Weeds on Farms: Northeast farmer's guide to self-growing vegetables** is a free resource that demonstrates that edible weeds are nourishing, resilient, powerful, culturally rich, ecologically essential, economically useful, and much maligned. Weeds can compete with cultivated vegetables in some spaces, but to consider them a nuisance is to disregard the ecological, social,

and economic benefits they contribute to a farm or garden...

[continue reading.](#)

*From Morning Ag Clips*



(photo by Lora Lea Misterly, creative commons/flickr.com)



## Capital Region PRISM conducting biologic surveys of invasive species out in the field

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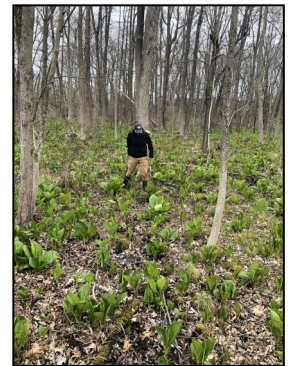
Nicole Campbell the Terrestrial Coordinator and Kristopher Williams the Team Leader of the Capital Region PRISM Partnership for Regional Invasive Species Management are busy conducting biologic surveys of invasive species out in the field. Most recently Nicole and Kristopher using iMap Mobile Advanced technology's identified and delineated four patches of *Lesser celandine* (fig buttercup) a highly invasive plant species in one of our forest preserves. The survey and delineations will result in an Invasive Species Management Control plan for removal of the threat to help protect the biodiversity of rare plants and animals in the preserve.

If you are looking for an invasive species survey report form or invasive species control plan template for an infestation on your parcel of property or need recommendation on best management practices for controlling invasive species please contact our office.

**We are here to help!**

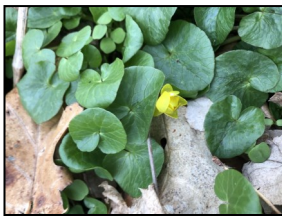
Kristopher Williams <[kbw44@cornell.edu](mailto:kbw44@cornell.edu)>

Nicole Campbell <[nlc64@cornell.edu](mailto:nlc64@cornell.edu)>



### ephemeral lesser celandine, also known, as fig buttercup

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The spring ephemeral lesser celandine a highly invasive plant from Europe also called fig buttercup, is an herbaceous perennial found throughout the northeastern United States. It prefers moist, sandy

soil, and thrives along stream and river banks, in open forested flood plains, and in other wetland sites. It will grow in drier habitats, however, and as a garden escape can often be found in urban and semi-urban areas. Lesser celandine is ephemeral (short-lived), and its emergence is triggered by increased light availability in the early spring. Shoots emerge from late-March to mid-April depending on environmental conditions, and flowering, which may be linked to water availability, occurs from late April to mid-May. Some sub-species produce pale aerial bulbils in the leaf axils. Seed production occurs in late spring, and by summer the above ground vegetation dies back and the plant becomes dormant. Seeds do not mature on the plant; rather, they require an after-ripening period to fully mature. Some varieties do not produce many viable seeds, and the aerial bulbils and tuberous roots are the primary mode of reproduction. Bulbils are dispersed through animal and environmental disturbance, and can be carried along waterways.

Lesser celandine is low growing and mat-forming, with long stalked leaved densely arranged in a basal rosette. Mature rosettes can reach up to 30 cm (12 in) diameter and up to 30 cm (12 in) tall. The kidney shaped leaves are 4 to 9 cm (1.6 to 3.5 in) wide, smooth, and have wavy edges. Leaf stalks (petioles) are deeply grooved and U-shaped in cross section. Flowers are yellow, 2 to 6 cm (0.8 to 2.4 in) wide and have long (10 to 30 cm; 4 to 12 in) peduncles.. Lesser celandine emerges earlier than most native plants, and may inhibit the development and reproduction of other spring ephemerals, particularly smaller species like spring beauties (*Claytonia* spp.), trilliums (*Trillium* spp.), and bloodroot (*Sanguinaria canadensis*). These native wildflowers are a source of nectar for bees and other insects in the early spring. The bare ground left behind after lesser celandine senescences in late spring may be colonized by other weedy species.

For more information on lesser celandine click [here](#)



## Homesteaders & Self-sufficiency

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If you are interested in becoming a homesteader and more self-sufficient then we have good news for you. 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.



### Food Preservation & Preparation

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#### Making Bread from Scratch

One baking skill that many homesteaders enjoy is breadmaking. Truly there is nothing like a fresh baked loaf of bread, the aroma as it comes out of the oven, and the flavor of homemade bread can't be duplicated on a commercial level. Since bread is such a important food for sustenance, breadmaking is a great skill to cultivate. [Continue reading the article](#) to find out more about Bread Baking Skills, Advantages of Sourdough, and Storing Flour.



### Planting & Growing

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#### Homesteading with Vegetables

Vegetable gardening is a great place to start your homestead. No matter what your scale, there are ways to grow vegetables or herbs to suit your needs. You can grow on the ground, in pots, you can grow using vertical gardens and more.



Planning is an important part of starting a garden. You should start by making a list of your favorite vegetables, there is no point in growing something that will go to waste or that you don't like. Figure out where you want to plant them and what spot would provide the best sun-light-at least six hours a day, make sure it is warm enough and the last frost has passed. When choosing where to grow your vegetables, remember to check the size of the plant to decipher where to grow... [continue reading](#).



### Hunting & Gathering

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#### DEC offers complete online hunter safety course for limited time only

The state Department of Environmental Conservation (DEC) announced it is offering a complete online hunting safety education course for a limited time only.

First-time hunters who want to hunt in New York must first earn a hunter education certificate prior to purchasing their first hunting license. The certificate is then good for all future purchases of hunting licenses.

The statewide regular spring turkey season is set from May 1-31.

The online course will be offered from April 15 to June 30, and can be taken by anyone ages 11 and older and can be completed from a computer, tablet, and some smartphones at any time. A hunter must be at least 12, though, to buy a license... [continue reading](#).



### Livestock & Animal Husbandry

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#### Adding Goats to Your Barnyard

Livestock is always a resourceful and fun addition, but this is a decision that cannot be taken lightly, as animals are not a seasonal responsibility.

When it comes to livestock, one of the most popular and most versatile choices are goats. These animals are compact, hardy, and have several uses. For the sake of time and space, let's talk more specifically about Nigerian Dwarf Goats... [continue reading](#).

## Test your Soil's pH

Spring has sprung, which means its time to test your soil and get it prepared for planting, whether for lawn, vegetable or flowers.

April - May is the time to test your soil pH to determine if it is within the preferred range of 6.5-7.0. If not, recommendations will be given to either apply lime to increase the pH or apply sulfur to reduce the pH.

### TAKING A SOIL SAMPLE ...THE CORRECT WAY

For most situations (Lawn, vegetable garden, ornamentals, etc.), the soil should be sampled every 2 to 3 years. For situations involving high-value cash crops or soils under intensive use, it is recommended that the soil be tested prior to planting the crop.



Soil samples may be taken at any time during the year; however, avoid extremely wet soil conditions unless absolutely necessary. It is recommended that successive samples from a given situation be taken about the same time of year.

- (1) Using a garden spade or shovel (if available, a soil probe or auger works best) slice into the soil to a depth 4-6 inches.
- (2) Take a one-inch-thick slice of soil from the side of the hole. Repeat this process to obtain 5-10 samples, randomly taken, depending on the size of your lawn or garden.
- (3) Combine all samples into a clean container and mix thoroughly, removing any plant debris or stone.

**ONE CUP OF SOIL IS ALL THAT IS NEEDED FOR pH TESTING (IF SENDING FOR COMPLETE ANALYSIS 2 CUPS ARE NECESSARY).** Avoid as much hand contact as possible as it may alter the true pH of the soil.

- (4) If your soil is wet, you will need to let it dry. Let it dry naturally. **DO NOT** dry in a conventional or microwave oven.
- (5) Label samples for proper identification (ie: back lawn, vegetable garden). Include your name, address, daytime phone number, and email address.

Samples can be brought to the Cornell Cooperative Extension Office, 50 West High Street, Ballston Spa for testing. There is a fee of \$1.00 per sample for pH testing. Currently the turn around time for samples is a max of one week. **Please use the Soil Sample Drop Off Box located in front of the building entrance.**



### PLEASE NOTE



Cornell Cooperative Extension of Saratoga County is no longer accepting soil samples needing nutrient analysis testing that requires being sent to AGRO-ONE. In an effort to cut down on the number of handlers, we ask that you send your samples directly to them. Please [visit their website for directions](#). We will continue to accept samples for pH testing only. If you have any questions, email Jessica Holmes, [jmh452@cornell.edu](mailto:jmh452@cornell.edu).

## Dirt Shake: Exploring Soil Texture

Soil texture plays an important role in the success of gardening and farming. Soil texture refers to the amount or percentage and the size of clay, sand and silt particles in a sample of soil. This [webinar](#) will show you how to make a Dirt Shake to determine the texture of your soil.





## Mrs. Curren's 4-H Happy Place

Mrs. Curren is bring 4-H School Outreach to elementary students through her "4-H Happy Place." [Mrs. Curren's 4-H Happy Place](#) is a place to extend the fun and learning usually experienced in the classroom ... just in your home. The 4-H Happy Place is designed with you and your family in mind. Everyone is encouraged to participate. All programs are specially designed by Mrs. Curren to be age appropriate for elementary students with some adult help required at times. Keep checking [Mrs. Curren's page](#) for updates.



## Saratoga Trail BINGO Challenge

The [Saratoga County Trail Challenge](#) has been going through a transformation. There are now Bingo cards for 10 trails throughout the county. There are also extended learning pages that are being uploaded that can be printed or used online. The pages highlight a sampling of the most common things seen while walking in the woods in Saratoga County. Included are realistic coloring pages, information on trees and links to the Cornell Lab of Ornithology for bird identification. The images in the coloring pages can be colored on line as well as on paper and links can be accessed on smartphones and used on the trail.



## Create Your Own Pollinator Garden

Pollinators, such as honey bees, butterflies, and birds, move pollen from the male flower (or male part of a flower) to the female flower (or female part of a flower) in order to bring about fertilization. This results in the creation of seeds and the fruit surrounding the seeds. In other words, more flowers.



Mrs. Curren has created a web-based learning unit called "[Create Your Own Pollinator Garden](#)". The series has videos to instruct you on container and raised bed gardening, as well as, information on soil and how to make your own. Mrs. Curren also talks about different types of seed to use in your pollinator garden and how to plant them. The next in the series is a printable "My Pollinator Garden Journal".

## Eastern Bluebird Workshop

The [Eastern Bluebird](#) is the New York State Bird. It was adopted as the State bird in 1970. The Eastern Bluebird, also known as *Sialia sialis*, is a medium-sized thrush that lives in open country around trees, but with little brush and very little ground cover. The adult males are bright royal blue on the back and head, and warm red-brown on the breast. A hint of blue in the wings and tail give the grayer females an graceful look.



From 1920-1970, there was a major decrease in the population of the bluebird. This was partially due to loss of nesting sites because of building, and the increased use of pesticides. The main reason for the decline was the competition for nesting sites with non-native birds, such as European Starlings and House sparrows. The establishment of bluebird trails and nest campaigns lessened much of the competition, especially after nesting boxes designed to keep out the larger European Starling started being used. The conservation of the Eastern Bluebird enabled the bird to make a comeback and become stable, thus evading extinction.

CCE Saratoga recognizes the importance of the NYS Bird and has been doing Bluebird Conservation for many years. An Eastern Bluebird Workshop event will be available soon through Saratoga County 4-H School Outreach. This will be an informational series including; Intro to Bluebirds, Building a Bluebird House, and How to Hang and Monitor Your Bluebird box. (The public will be able to purchase kits from us in a socially distant manner.)



## 4-H Field Days

**4-H field Days** are traditionally held at the 4-H Training Center on Midline Rd. 400-600 students from around the county attend each day, each year to participate in presentations on subjects of Agriculture or the Environment. In these days of Covid 19, we are going virtual! Teachers are excited to share this virtual field trip with their students.



**4-H VIRTUAL Animals, Food and Agricultural Life Field Day** will feature videos from farmers in Saratoga County presenting life cycle and care videos about horses, goats, chickens, rabbits, sheep, and more.



**4-H Virtual Environmental Field Day** will feature 15 minute presentations by agencies and professional in Saratoga County on subjects such as aquatic macroinvertebrates by DEC, safety in the woods by Adirondack Search and Rescue, Eastern Bluebirds by Greg Stevens 4-H and more!

## 4-H Teen Zoom Meet-Ups

Teen Council is a countywide group specifically for teen members. Its purpose is to help teen 4-H'ers develop leadership skills, while helping to build a strong, county 4-H program that benefits all members and volunteers. Teen Council members meet monthly to plan and implement 4-H educational programs, as well as community service, fund raisers and social activities.

Our Zoom meet-ups are every Saturday from 6:00-7:00pm.

Any enrolled 4-H member ages 13-18, is eligible to join Teen Council. New members can join at any time during the year. If you would like more information about how to join these meet-ups, please email Leland at [glb76@cornell.edu](mailto:glb76@cornell.edu)



## Want to Join 4-H?

Saratoga County 4-H is as diverse as the members of our communities! It is a fun, hands-on, youth development program.



4-H is...an American Idea - the world's largest dynamic, informal educational program for young people based on demographic principles. The real essence of the 4-H movement is defined by three goals.

Even though our programming has been impacted by COVID-19, we are still taking new 4-H members. If you or someone you know would like to become a 4-H member, you can call and leave a message for Leland at 518.885.8995 or email [glb76@cornell.edu](mailto:glb76@cornell.edu).

[4-H Enrollment Forms](#)

## Saratoga County 4-H Alumni Facebook Group

We are excited to announce the launch of our Saratoga County 4-H Alumni Group. We hope this group will help our 4-H Alumni

**SARATOGA COUNTY  
4-H ALUMNI**



connect with their fellow 4-H'ers! If you are a former Saratoga County 4-H'er, please join in on the fun.

## Focus on Capturing 4-H Memories

Focus on Capturing 4-H Memories is a beginner's guide to composition, cell-phone settings, and new requirements for entering 4-H



photos at the New York State Fair Have your hand-held device ready to follow along! [Video](#) includes a game/challenge, so be sure to watch all the way to the end! Although this video is intended for 4-H'ers entering their photos in a fair, it is a good resource for anyone who takes photos on their phone.

## 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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Elizabeth Higgins	Jim Meyers
Elisabeth Hodgdon	Dan Donahue
Mike Basedow	Maire Ullrich
Ethan Grundberg	Chuck Bornt
Laura McDermott	

### Central NY Dairy, Livestock and Field Crops

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David Balbian	Nicole Tommell

### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	



### ***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.*