

April 5, 2021

Volume 2, Issue 13

# CCE

**Saratoga County**

**Cornell Cooperative Extension**

NEWSLETTER

## EXTENSION NEWS



**4-H CHICKEN  
BBQ**

**Saturday, April 17th**  
4:00-7:00pm

**\$14**  
1/2 Chicken  
Baked Potato  
Coleslaw  
Dinner Roll  
Smith Apple Pie  
Bottle of Water



**CCE Office**  
50 W. High  
St  
Ballston Spa  
Drive-Thru  
Service

**Register At**  
[https://reg.cce.cornell.edu/4HBBQApril\\_241](https://reg.cce.cornell.edu/4HBBQApril_241)

**Sponsored by**  
**4-H Leaders Association**

Come out and support the 4-H Leaders Association while enjoying some delicious chicken basted with the famous Cornell Barbecue Sauce along with a mouthwatering apple pie from Smith's Orchard Bake Shop, a baked potato, coleslaw, dinner roll and a bottle of spring water.

**Thank you, DeCrescente Distributing Company for your donation!**



## 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.*

## DEC Announces Residential Brush Burning Prohibited in New York State 3/16-5/14 Ban Reduces Wildlife Risks, Protects Lives and Property

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos today announced the annual statewide ban prohibiting residential brush burning will begin March 16, and run through May 14. With spring approaching, DEC is reminding residents that conditions for wildfires are heightened in springtime when most wildfires occur.

"While wildfires are more visible in the western part of the country, the start of spring brings an increased risk of wildfires right here in New York," **Commissioner Seggos said.** "In an effort to protect our communities and natural resources, New York prohibits residential burning for two months starting on March 16, when dry conditions are highest. Help DEC put safety first and continue to reduce the number of wildfires in New York's communities by following the burn ban."

Even though some areas of the state remain blanketed in snow, warming temperatures can quickly cause wildfire conditions to arise. DEC will post a Fire Danger Map rating for the 2021 fire season on [DEC's website](#) once there is a moderate risk anywhere in the state.

Open burning of debris is the largest single cause of spring wildfires in New York State. When temperatures are warmer and the past fall's debris and leaves dry out, wildfires can start and spread easily and be further fueled by winds and a lack of green vegetation. In 2020, DEC Forest Rangers extinguished 192 wildfires that burned a total of more than 1,122 acres. In addition, local fire departments, many of which are volunteer, all too often have to leave their jobs and families to respond to wildfires caused by illegal debris fires.

New York first enacted strict restrictions on open burning in 2009 to help prevent wildfires and reduce air pollution. The regulations allow residential brush fires in towns with fewer than 20,000 residents during most of the year, but prohibit such burning in spring when most wildfires occur. Campfires using charcoal or untreated wood are allowed,



Photo: NYDEC

but people should never leave these fires unattended and must extinguish them. Burning garbage or leaves is prohibited year-round. For more information about fire safety and prevention, go to [DEC's FIREWISE New York website](#).

Some towns, primarily in and around the Adirondack and Catskill parks, are designated "fire towns." Open burning is prohibited year-round in these municipalities unless an individual or group has a permit from DEC. To find out whether a municipality is a designated fire town or to obtain a permit, contact the appropriate DEC regional office. [A list of regional offices](#) is available on DEC's website.

Forest Rangers, DEC Environmental Conservation Police Officers (ECOs), and local authorities enforce the burn ban. Violators of the State's open burning regulation are subject to criminal and civil enforcement actions, with a minimum fine of \$500 for a first offense. To report environmental law violations call 1-800-TIPP DEC (1-800-847-7332), or report online on [DEC's website](#).

## Farmland Access Workshop

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.

*Hosted by Saratoga PLAN and CCE Saratoga County.*

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.

**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](mailto:nvf5@cornell.edu) or call 518-885-8995

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

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



The Capital Area Agriculture & Horticulture Program and Cornell Cooperative Extension Albany County are pleased to present the Annual Spring Turn-Out Grazier Meeting, to be held on Thursday, April 29, 2021 from 7:00 – 8:30 PM EDT, online via Zoom.

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.

Prepare for the grazing season!

The meeting fee is \$5.00/person for residents of Albany, Columbia, Greene, Rensselaer, Schenectady and Washington Counties; residents of all other areas, \$10.00/person.

Join us by registering at <https://tinyurl.com/SpringTurnOut2021> by April 28, 2021.

**A complete manure management system involves collection, storage (temporary or long term), and disposal or utilization.**

Manure handling is a necessary evil of stable management with horse owners naturally preferring to ride rather than clean stalls. Making sure that stall cleaning and other manure handling chores are done efficiently can lead to more time spent with the horse. It is important to recognize that horses produce large amounts of manure that quickly accumulates! About 12 tons of manure and soiled bedding will be removed annually from each horse stall (housing a full-time occupant). Careful consideration of how this material is moved and stored is needed for efficient manure management. Getting the manure out of a stall is only the beginning. A complete manure management system involves collection, storage (temporary or long-term), and disposal or utilization. This publication provides information to stable managers on horse manure characteristics and options for its movement and storage. Associated issues such as odor control, fly breeding, and environmental impact are addressed in relation to horse facilities.



Manure management practices within horse facilities deserve careful attention. Since most horses are kept in suburban or rural residential settings, it is essential for horse owners to be good neighbors. Often, suburban horse facilities have limited or no acreage for disposal of manure and soiled bedding. Several alternatives for handling manure include land disposal, stockpiling for future handling, removal from stable site, and composting. Some stables have developed markets to distribute or sell the stall waste. Whether in a suburban or rural setting, proper manure management is based on simple principles that will virtually eliminate environmental pollution impacts and nuisances such as odor and flies.

[Continue reading article](#)

**SOURCE:** PennState Extension

## Spring update: Hemp & CBD in New York

Hemp regulations and procedures for permitting have changed in the past year and more changes are on the horizon. Catch up on what the rules are for 2021.

**When:** April 15, 22 & 29 from 4:30 PM—5:30 PM ea. day

April 15—Growing Hemp in NY. Current regulations and requirements for permitting. Prospective changes for 2022 production. Will address hemp production for grain, fiber, and CBD.

April 22—CBD Processing in NY. Regulations and permitting process.

April 29—CBD Wholesaling and Retailing. Guidance on the process to be a retailer or wholesaler of CBD products in NY.

**Cost:** Free

[Registration is required.](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

Morning AgClips [link](#)



(Courtesy Photo)

## Making the most of spring graving for cattle owners

### A few simple management strategies can reap the benefits of ideal pasture nutrition this spring grazing season

As spring approaches and temperatures start to rise, so do winter forages. Cool season grasses are a nutrient-rich feed, that when grazed properly can be a valuable asset to a production system. In some areas, limited rainfall over the fall and winter months has added some challenges for wheat pasture growth.

However, “as commodity prices continue to increase, wheat pasture is a great resource to offset feed costs while promoting good average daily gains,” says Katie Raver, Rock River Laboratory animal nutrition and field support specialist. “Understanding the rapidly changing nature of these pastures can help us better manage them for maximum cattle potential.”

Raver shares three tips to make the most of spring grazing a beef herd — taking advantage of the forage available for optimal animal growth.

#### Timing for ideal nutrients and energy

As with all crops, as forages mature, fiber levels typically increase while protein levels decrease. This can have a large impact on available nutrients and energy for growth.

“Available nutrients and energy for growth can be estimated using calculations such as total digestible nutrients (TDN) or beef per ton estimates,” explains Raver. “A nutrient value decrease can happen quite quickly as the forage matures and goes from a vegetative state to a reproductive state.”

Raver concludes that maturing forages can lead to a sizable decrease in the estimated amount of predicted beef gain per ton. Understanding these changes can help better decide how and when to utilize the forage.

#### Keep an eye on stocking density

Forage availability plays an important role in grazing management and, when combined with quality, can provide a better understanding of the gain potential.

“Stocking density must be balanced between average daily gain per head and gain per acre to maximize the grazing and economic potential,” recommends Raver. She goes on to explain that when looking at spring cool



season grasses, one rule of thumb is that for every inch of grazable plant height there are about 200 pounds of forage dry matter (DM) per acre, this can then be used to help determine stocking density based on desired rate of gain.

As quality of the forage changes, it also has an impact on animal growth and intake potential. “Plants maturing and becoming more fibrous may also limit intake potential,” says Raver. — “This typically coincides with a decrease in TDN, which may limit average daily gain (ADG) potential when combined with lacking intake potential.”

#### Analyze to make informed decisions

Testing forages in standing fields or pasture can help assess pasture quality and help to make decisions on cattle and pasture management. “This can prove difficult due to the heterogeneous nature of the stand, however following an established protocol can help to ensure a representative subsample,” says Raver. “To sample a standing pasture or field, take a one-square-foot subsample for every ten acres of the field or pasture.” Raver gives the example, “if you have a 50-acre field you’ll want to gather five subsamples.”

In each one by one foot section, Ravers suggests clipping the forage at the base of the stem that represents the portion of the plant that will be likely grazed by the animal. “Once the forage is cut, chop it into small sections and put into a bucket, then repeat this step for each one-by-one section,” states Raver. “Mix the sample together, then take a one-quart representative subsample to send to the lab for analysis.”

[Continue reading article](#)

SOURCE: AGDAILY



THE CAPITAL REGION PRISM  
PRESENTS:

# INVASIVE SPECIES POSTER CONTEST

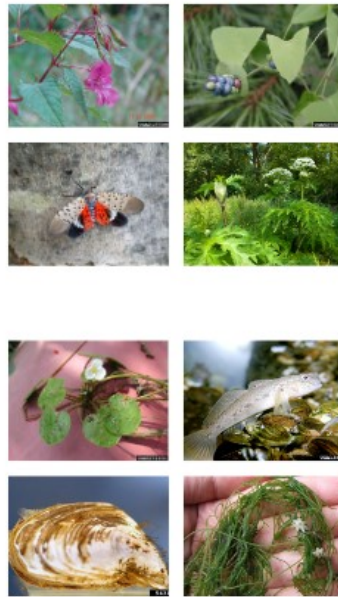
Are you an artist? Do you enjoy the outdoors? Combine the two and join the first annual Capital Region PRISM Invasive Species Poster Contest!

**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](mailto: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](mailto: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)

## Car Seat Check

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**Nationally 80% of all car seats are installed incorrectly  
and right here in NYS we are at a 92% installed incorrectly...**

Please **DO NOT** let yours be one of the 92%.

CCE of Saratoga with funding from NYS GTSC will be hosting a free, no appointment car seat check on Thursday, April 8, 2021. We will have several certified technicians and Instructors there to check your car seat (s), teach you how to install it correctly and answer any questions you may have. You and your child(ren) will leave this event safer than when you arrived.

**Date:** Thursday, April 8, 2021

**Where:** Clifton Park/Halfmoon EMS- 15 Crossing Blvd. Clifton Park, NY 12065

**Time:** 5PM-8PM

**Free, No appointment necessary**

**Please bring:** your car seat manual, vehicle manual, child (ren), current car seat

**Must:** All adults MUST wear a mask, any child over 2 must also be masked, cars must have nothing except families and car seats inside as well we be using a non-toxic spray prior to entering you vehicle. Please make sure your vehicle is free of all debris inside.



**Questions:** Please call Cynthia Dort- Nationally Certified Child Passenger Safety Instructor [cjd53@cornell.edu](mailto:cjd53@cornell.edu)

## License to Live Teen Driver Event - *Making Good Choices*

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**When:** May 10 & 11, 10 AM - 8 PM

**Where:** Quick Response, 2077 Route 9, Round Lake, NY 12151

*Parents are invited to attend with their teen drivers and participate in the activities together to promote conversations about safe driving choices.  
Saratoga County schools will be bussing their Jr. and Sr. students during the school day.*

### **Activities**

Texting Simulator  
Golf Cart and Fatal Vision Goggles  
Broken Hearts Panels  
Seatbelt Convincer

Mock Sobriety Checks  
Roll Over Convincer  
Texting Presentation  
Car Extrication

### **Provided by:**

**The Armed Forces, New Country Toyota of Clifton Park, NYS Police,  
Round Lake Fire Dept., Saratoga County Sheriffs,  
WRGB/ Finkelstein and Partners**

**SCHOLARSHIP DRAWINGS FROM LOCAL BUSINESSES SELECTED DAILY**

For Questions:

Cynthia Dort—Occupant Protection Educator @ CCE Saratoga County  
**Cornell Cooperative Extension**  
**Saratoga County**

518-885-8995 ext. 2228



## Farmers' Market Recipe

By Diane Whitten, Nutrition Educator

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Kale is available at Farmers' Markets now because farmers can grow it in hoop houses over the winter. So, when other vegetables are hard to get locally, you can count on kale. Kale, a member of the cabbage family, is rich in nutrients, including fiber, vitamin C, vitamin B6, and beta carotene.

### Kale with Caramelized Onions and Barley

- 8 cups fresh kale leaves
- 1 - 2 tablespoons olive oil
- 2 small or 1 large onion, finely chopped
- 1 cup barley
- 2 ¾ cups water
- 1 teaspoon salt
- ½ cup feta cheese or parmesan cheese
- ½ teaspoon black pepper

Clean the kale, remove the stems, and tear leaves into small pieces. Steam the kale for 4-5 minutes. Set aside. In a medium saucepan, heat the olive oil over medium high heat. Caramelize the onion by sautéing it for five minutes until golden brown. Add barley, stirring to coat. Add water and salt; cover and bring to a boil. Reduce heat, and simmer for 25 minutes, stirring occasionally. Stir in steamed kale; cook 10 minutes longer. Remove from heat; stir in feta or parmesan cheese, and black pepper.

Makes 8 servings.

**Per serving:** 170 calories; 6 g fat (1.5 g sat); 5 mg cholesterol; 26 g carbohydrate; 7 g protein; 6 g fiber; 300 mg sodium.

**Nutrition Bonus:** Vitamin A (210% daily value), Vitamin C (140%dv), Calcium (15% dv)



## 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/>

### 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:**  
days

Satur-

**Time:** 9:30 AM - 1:30 PM

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

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

## HOMESTEADING & SELF-SUFFICIENCY

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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](#).



### Canning at Home: An Intro to Boiling Water, Stream and Pressure Canning



### Intro to Pollinator Plants

**When:** Thursday, April 1, 6:30 PM

Registration is required

Learn when and how to use these different canning methods. This class will include a discussion of low acid and high acid canning, plus how to avoid botulism food poisoning. A demonstration will be included on the use of these canning methods.



**When:** Tuesday, April 20, 12:15 PM - 1:15 PM



Join Sue Beebe, Association Issue Leader/ Assistant Director, for a webinar on pollinator plants. Learn all about the (mostly ) beautiful plants and how they can be beneficial to

both the aesthetic of your garden and the environment.

Sue will guide you on best practices for integrating the plants into your own garden.

This class is free and open to the public. Registration is required.



### Bringing Nature into Your Yard and Sustaining It

**When:** Wednesday, April 21 at 7 PM - 8:15 PM

**Online:** Pre-registration required at: [Webinar Registration - Zoom](#)

**Price:** Free

This talk and PowerPoint will cover adapting to and mitigating the effects of climate change in your garden. The presenter, Martie Teumim (Master Gardener for CCE Albany for more than 20 years), will introduce an initiative by a group of Albany County Master Gardeners called Homegrown National Park to encourage landowners in general - individual homeowners, property owners, land managers, farmers, and anyone with some soil to plant in to create habitats, however small - to plant native plants and remove most invasive plants.

*Event by Bethlehem Tomorrow and Cornell Cooperative Extension of Albany County*



## How to Join 4-H

We, at Saratoga County 4-H, strive every day to help youth become competent, caring, contributing members of society. Whether it is through our 4-H Club Program, Special Interest Programs, or School Outreach Programming, 4-H provides diverse, hands-on learning experience for youth. 4-H also looks to create healthy youth-adult partnerships with our network of caring and competent local volunteers. We look forward to connecting with you!

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](mailto:glb76@cornell.edu).

### 4-H May Happenings



**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



## Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

The following article, *Birds of a Feather*, was written by Diane Tarity, then CCE Saratoga Records Management Officer in 2006.

### *Birds of a Feather*

*Chicken Jokes* bring many folks to their knees laughing, but back in the late 40's 4-H'ers from New York State were quite serious about their chickens. One 4-H project that produced not only finger licking good chicken, but also helped to shape the future of many 4-H club members was the Rotary Club Chick Project. The concept was simple, the Rotary Clubs

purchased the chickens, 4-H'ers volunteered to raise the birds, keep management records, and then returned the birds for prizes and money to fund future projects. In Saratoga County, the Mechanicville Rotary donated 50 day-old New Hampshire chicks to thirteen 4-Her club members in April, 1949. The



chicks were reared under Cornell University approved methods under the supervision of local 4-H club leaders and the Saratoga County 4-H Club Department. Rotarians spent time during the season visiting each of the 4-H'ers checking their progress and encouraging them to do their

best. In the fall, the 4-H'ers returned four dressed birds to the Rotarians to compete for prizes. The prizes were awarded to the 4-H club member that did the best job in the project and also to those who returned the best dressed birds. The same "*Learning by Doing*" educational principles followed in the 1949 chick



project are still used in 4-H projects to-day.

Many girls and boys from the 4-H Poultry Clubs also participated in the New York State 4-H Poultry



Demonstration Contest. Winners from the 12 zones in New York State would be invited to compete for cash prizes donated by The Great Atlantic and Pacific Tea Company. Professor Ogle, Poultry Extension Specialist from Cornell University in 1949, commented, "Poultry contests are of particular interest to 4-H Club boys and girls in New York State, where more than 70 million dollars is realized annual on close to 70 thousand farms from poultry and poultry products sold."



Leon Crosier (L) county winner in the 4-H Poultry Achievement Contest for 1948, receives chicks from Harold Carpenter of Carpenter's Poultry Farm in Ballston (1949).

Leon Crosier, Ballston Spa, received 200 New Hampshire baby chicks as county winner in the Eastern New York State 4-H Chick Achievement Contest. These were presented by Carpenter's Poultry Farm in Ballston Spa.

This was Leon's third year of the 4-Club work. He was a member of the Malta Pioneers 4-H Club. In 1948, he attended the poultry tour at New York and had been an active exhibitor at poultry shows.

The Poultry Achievement Contest was based upon the records and the results that the club member had on brooding and rearing the flock, records on the laying flock and the efficiency of his poultry project.

The program started when the baby chicks were received and continued to December 31st.

## 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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### ***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.*