

May 18, 2020

Volume 1, Issue 7

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION UPDATES

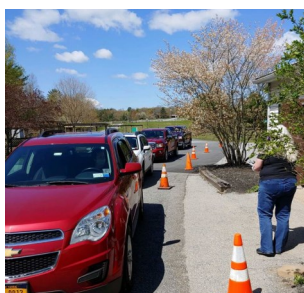
CCE & NYS Ag & Market Partnered to provide local farmers with PPE

Cornell Cooperative Extension and New York State Agriculture and Markets partnered to provide New York State Hand Sanitizer and Face Coverings to local farmers.

Cornell Cooperative Extension of Saratoga County staff, along with Senator Daphne Jordan and Assemblywoman Mary Beth Walsh handed out New York State Hand Sanitizer and Face Coverings to the agricultural community in and around Saratoga County from the 4-H Training Center in Ballston Spa on Wednesday and Thursday last week.



Thank you to our Ag producers for all that you do now during these uncertain times and always. Stay Safe.



COVID-19 Impact on Farm Products Supply and Demand Survey

The Cornell Cooperative Extension office of Saratoga County has partnered with MVP Healthcare during this difficult time to gather information from farm producers regarding the effects of COVID-19 on their product distribution and sales.



MVP Health Care is a nationally recognized, not-for-profit health insurance company caring for more than 700,000 members in New York and Vermont. These organizations are committed to the well-being of the communities they serve. A significant part of keeping communities healthy is access to a variety of fresh food.

"We are proud to partner with Cornell Cooperative to support our local farmers and ensure the health and vitality of our communities during these unprecedented times." -MVP Health Care

Please take the time to complete the survey by clicking on the [following link](#).

For more information, contact Nicolina Foti at nvf5@cornell.edu /518-885-8995

AgVets Program call for applications

The deadline to apply for funding is Friday, June 26, 2020 at 5pm



The Enhancing Agricultural Opportunities for Military Veterans (AgVets) Program provides grants to non-profits to increase the number of military veterans gaining knowledge and skills through comprehensive, hands-on, and immersive model, farm and ranch programs that lead to successful careers in the food and agricultural areas. AgVets encourages agricultural related training opportunities specifically designed for military veterans. Projects must offer onsite, hands-on training, and classroom education leading to a comprehensive understanding of successful farm and ranch operations and management practices. AgVets projects may also offer workforce readiness and employment prospects for service-disabled veterans. NIFA requests applications for the AgVets to provide grants to nonprofit organizations for training programs and services to establish and enhance farming and ranching opportunities for military veterans.



For more information, read the [AgVets Funding Opportunity](#).

Free Dairy Processing Webinar planned for May 21st

CCE Specialists introduce considerations for value-added dairy production



Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops and Harvest New York Programs, with New York State Department of Agriculture and Markets would like to invite dairy producers across the state to join a

free, upcoming webinar focused on dairy processing. This virtual learning opportunity will be offered on Thursday, May 21st and will be held from 7pm – 8pm.

Dairy farmers who are interested in diversifying or vertically integrating their farm business are invited to attend for an overview of business considerations and regulatory requirements. The webinar will give an introduction of what factors to keep in mind when considering dairy processing for a farm's operation...[continue reading for more information](#).

Major updates to Livestock Direct Marketing Guide

Cornell Small Farms Program shares regulatory resource for meat, poultry marketing



The Cornell Small Farms Program is pleased to announce the release of an update to the [Livestock Direct Marketing Guide: Regulations Every Livestock Producer Should Know](#). Understanding how to legally classify, slaughter and sell your meat and poultry is crucial for running a successful operation.

Laws that dictate food safety regulations change often and can be unclear. This guide provides current infor-

mation to meat and poultry producers on how to legally sell their products in New York State. This resource provides guidance on everything from meat certifications to butchering cuts and everything in between. While this guide, like our other guides, is specific to New York State regulations, much of the information is pertinent to all livestock and poultry producers...[continue reading](#).

Virtual Horse Symposium



Due to events of COVID-19, CCE Equine will be taking our regularly scheduled Horse Symposium and delivering it virtually to the equine world. [Registration is required.](#)

On the couch, at your desk, with your family, or as a little well deserved me time; Join CCE Equine as we unveil our Virtual Horse Symposium 6-Week Series.

Every Thursday at 6:00 pm for 6 weeks, you can have a front row seat to some of the equine industry's leading professionals in and out of the saddle. The first 3 classes are as follows:

Thursday, May 14 at 6:00 pm

Emergency Planning for the Horse and Barn Owner
with Sarah E.J. Collier, JD, Associate Advisor John G. Ullman & Associates, Inc.

Thursday, May 21 at 6:00 pm

Hoof Care for the Horse Owner
with Ashley Gasky, CF, APF-I, Farrier

Thursday, May 28 at 6:00 pm

Maintaining Your Pastures and Hay Fields for Horses
with Kevin Ganoe, Cornell Cooperative Extension Area Field Crop Specialist

For more information contact Brianna Hughes at bh548@cornell.edu



Bits 101

University of Georgia Extension

In order to select the right bit, it is important to first understand the principles of how a bit functions and the pressure points on the horse that are affected by different bit types and designs.

Check out this [link for more information on bits!](#)



Deworming Your Horse

University of Minnesota Extension

Quick facts

- Deworming is key to horse and foal health care programs.
- Some studies show 80 percent of colic cases relate to parasites, with larval strongyles most responsible for colic in adult horses.
- Fecal samples can test for internal parasites except tapeworms and bots.

To learn more on controlling and treating parasites in your horse [click here](#).

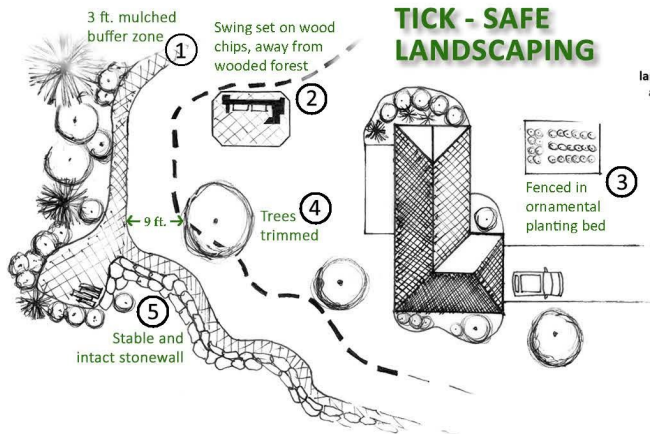
TICKS

Create a Tick Safe Zone

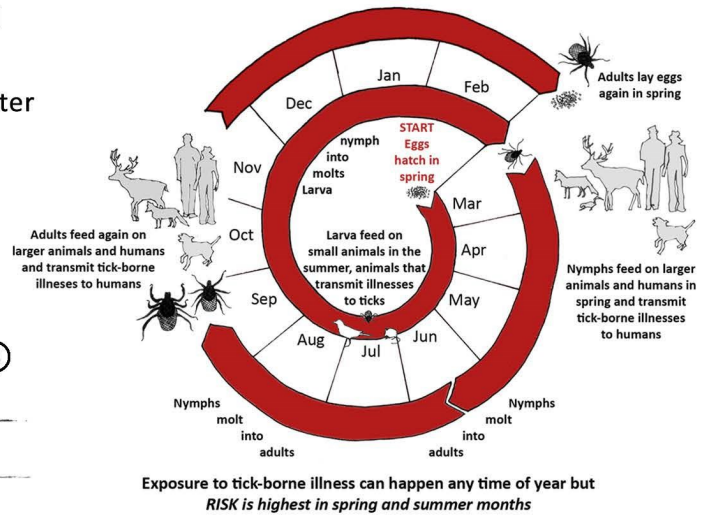


DID YOU KNOW

- Over 80% of ticks are located in the transitional edge between woods and lawn?
- Children ages 5-13 playing outdoors are at greater risk for tick bites and Lyme disease.

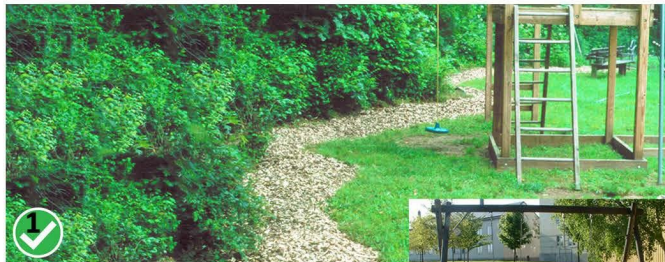


TICK LIFE CYCLE



MINIMIZE INTERACTIONS WITH TICKS

1. Reduce interactions with ticks by creating a 3 foot or greater buffer from wooded edges.
2. Move children's play area away from wooded areas and place on wood chips or sand to reduce exposure to ticks.
3. Fencing off ornamental plant and vegetable beds can reduce interactions with deer transporting ticks.
4. Rodents transmit illnesses to ticks. Clean and seal stonewalls to discourage rodent activity. Doing so will reduce opportunities for rodents to linger.
5. Mulch planting beds around the house and trim branches and shrubs to let in light and air. Avoid creating conditions that ticks favor such as ground covers, leaf litter, and dark and humid spaces (seen in image 5).



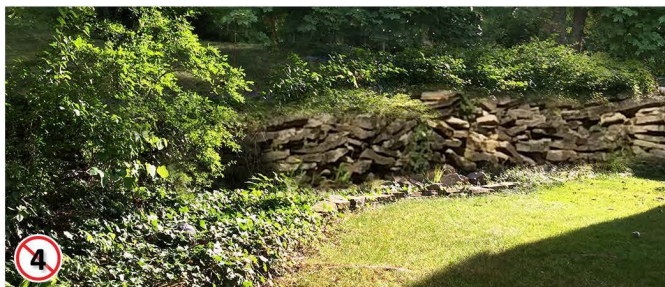
Distance yourself from ticks. Create a 3 foot or greater wood chip or gravel border between wooded edges, stonewall and lawn areas.



Place children's play area on wood chips or sand.



Minimize interaction with deer by fencing off plant and vegetable beds.



AVOID stonewalls with small openings that could harbor rodents.



AVOID creating conditions that ticks favor.

Buy Local at Saratoga County Farms

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
(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
(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
(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
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
(518)-810-3731
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
(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

Thomas Poultry Farm

Monday-Friday **7am-12pm**
Saturday **9am-2:30 pm**
(518) 695-3427
411 Stonebridge Road
Schuylerville, NY 12871

Keeping your child safe “Every Ride Every Time” is CCE’s goal!



CCE of Saratoga is committed to meeting the needs of county residents during this pandemic. Our Occupant Protection Educator has been working with all of the County Agencies so that those in need of car seats can have their needs met. Many families in Saratoga County are having babies and many children are getting bigger needing a different size car seat. CCE’s Occupant Protection Educator has a few options for those families truly in immediate need and we have a set of guidelines for you to follow listed below:

1. Families meeting low income guidelines or that have been financially impacted with job losses, please call your case worker at any Saratoga County Social Service Agency to have a referral sent to CCE. If you do not have a caseworker please call our office at 519-885-8995 x 2228 and leave your name, return phone number and information about your child’s height, weight, age, type of vehicle (make, model, year). Your call will be returned and arrangements based on your individual situation will be made to get you a car seat to meet your child’s needs and properly installed.
2. If you have a car seat and need help with proper installation, please call our office at 518-885-8995 x2228 and arrangements will be made.
3. CCE can offer virtual installation opportunities and if you are not able to do a virtual installation, we can make an appointment to meet using safety guidelines.
 - Your vehicle must be cleaned inside prior to appointment
 - You must disinfect your vehicle prior to coming
 - Everyone in vehicle must wear a mask at time of visit
 - CCE’s Instructor will be fully covered in a 1 piece coverall, with a mask and gloves, have Clorox wipes and disinfectant spray for before and after the installation.
 - Families will be required to actually install the seat with the Instructor using social distancing to do “curbside education” so the seat will properly installed and all necessary education can be given.
 - If you have the capability to do FaceTime or zoom, CCE’s Instructor will make arrangements to connect with you and virtually educate you on installing your car seat.



CCE is committed to the safety of all our Saratoga County residents and we are working each day to offer as many opportunities as possible while ensuring everyone is safe and following every safety protocol available.

- CCE’s Instructor is currently producing videos that will be available to offer you education on NYS Child Passenger Safety Laws, best practices, understanding car seat parts, how to change and use harness straps, correct use of LATCH, locking clips, the vehicle seat belt system, what are non-regulated products and actual hands on step by step installation of car seats, booster seat and when a child is ready for using the vehicle seat belt.

Keeping your child safe “Every Ride Every Time” is CCE’s goal. We are excited to be a part of your child’s safety in your vehicle with these new opportunities.

Ongoing Educational Programs for Parents/Caregivers

The Magic Years

Four-part parenting education program for parents/caregivers of children **ages 0 - 4-years-old**. Topics include understanding the stages of child development, the benefits of nurturing routines at home, and managing parent & child stress. Different parenting styles, and strategies to implement positive discipline techniques will be discussed. This current version will also include tips for parents on managing within the current COVID-19 crisis.

Program is offered **via Zoom on Tuesdays & Thursdays at 11:00 am**. Participants are awarded a certificate of completion upon attendance and completion of all four sessions.



Registration is required participants will be provided with the meeting

information. Contact Maria at mkd59@cornell.edu or text 518-598-9937 to register.

The Virtual Strengthening Families Program

The Virtual Strengthening Families Program is a parenting education program for parents/caregivers of **school-age youth – teens**.

Topics include understanding child/teenage development, common youth challenges and how to help youth navigate their world. Ideas on how to improve family communication skills, keep kids safe online, and positive youth and family activities that can help during this challenging time will be shared.



The Virtual Strengthening Families Program is offered **via Zoom on Wednesdays at 11:00 am** on an ongoing basis. Participants are awarded a certificate of completion upon attendance and completion of all four sessions.

Advance registration is required. Upon registration, participants will be provided with the meeting information. If the use of cellphone data is a concern, participants may also call into the program to participate. Contact Maria at mkd59@cornell.edu or text 518-598-9937 to register.

Lessons and online driving skills for the young driver

This program will provide insight into what your teen is learning as part of a simulation-based, driver training course. The purpose of this program to allow you to follow along with your teen as they learn safe driving techniques .

Each lesson in this program will share the same techniques your teen would learn in a classroom setting. The difference being, your teen will interact directly with a simulator to gain hands-on experience using various driving techniques. In this program, you will not need to drive and there are no tests to take, so enjoy.

Follow the [link](#) for lessons and online driving skills for the young driver.

Login is: **parentcompanion2020**



Homesteaders & 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.



HOMESTEADING Video Series



CCE Saratoga County is pleased to announce a brand new virtual series for Homesteading and Self-sufficiency. This 8-week video series will be [hosted on our website](#) with a new video released every Wednesday starting May 13th.

For more information or questions, email Nicolina at nvf5@cornell.edu



[Adding Livestock to a Homesteaders Backyard](#)

Wednesday, May 13



Natural Resources: Edible Foraging

Wednesday, June 10



Annual Vegetables

Wednesday, May 20



Backyard Chickens 101

Wednesday, June 17



Perennial Vegetables

Wednesday, May 27



Water Bath Canning 101

Wednesday, June 24



Permaculture and Homesteading

Wednesday, June 3



Fermenting Vegetables

Wednesday, July 1

Choosing the Right Fence Material

By Nicolina Foti

There is the saying “Good fences make good neighbors.” That stands true for livestock as well. I have had horses all of my life and I have had a great deal of experience in fencing in cows. One thing I have learned is the right fencing makes all the difference. The difference between a restful night’s sleep and being woken up at 4:30am, because there are loose cows in the road. Rather than going on about each animal’s most ideal fencing situation, we are going to look at different fencing materials. As many of us know, there is more than one way to build a fence and the basics of it is understanding the materials you are using and how to best utilize them. [..continue reading to find out about the different types of fencing.](#)



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.

Cornell Hawk Cam

The Cornell Lab Bird Cams connects viewers worldwide to the diverse and intimate world of birds. They work to make watching an active experience, sparking awareness and inspiration that can lead to conservation, education, and engagement with birds.

Watch as Big Red and Arthur, nest above Cornell's athletic fields! The Lab of Ornithology has cameras at

their nesting site to observe the intimate behavior of these birds as they raise their young on campus.



<https://www.allaboutbirds.org/cams/red-tailed-hawks/>

Mrs. Curren's 4-H Happy Place—Ongoing Activities

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. “Making a Raised Bed Garden “ by Jessica Holmes, CCE Saratoga Agriculture Educator is the next topic in the series.

Build Your Own Bluebird Nest Box

23 Bluebird nest box kits were picked up at the 4-H Training Center on Wednesday May 6, 2020.

If you missed the event and wish you build a bluebird nest box of your own, visit our [website](#) to get plans, and follow along with the videos.



4-H Virtual Field Days (Teachers Only)

There has been an overwhelming response from Saratoga County teachers for the 4-H Virtual Field Days. The Animals, Food and Agricultural Life Field Day currently has a registration of 66 classrooms in 29 elementary schools for a total over 1300 six to eight-year-olds in grades 1st – 3rd. The Environmental Field Day has over 73 registered classrooms in 24 school with a total of over 1700 nine to twelve-year-olds in grades 3rd-5th. The classrooms consist of public and private schools, homeschools and special education classrooms.

The 4-H Virtual Animals, Food and Agricultural Life Field Day will feature videos Saratoga County farmers presenting life cycle and care videos about horses, goats, chickens, cows, sheep, pigs and more.

4-H Virtual Environmental Field Day will feature 10-minute presentations by agencies and professionals 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, The Hudson Water Fish Advisory Go Fish! Program by Diane Whitten, DEC Forestry and more!

If you are a teacher in Saratoga County and would like more information, contact Julie at jac275@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.

4-H Enrollment Forms

Become a 4-H Leader

4-H volunteer leaders are the core group of every successful 4-H program! As a 4-H volunteer leader, you play a key role in helping young people grow as individuals, acquire new knowledge and skills, and become active members of their communities. You will gain personal satisfaction and pride in knowing you have contributed significantly to the personal development of youth.



All potential adult 4-H volunteers must go through our screening process and introductory education class. Contact Leland Bunting at the 4-H office for a leader information packet.

4-H Facebook

Visit our Saratoga County 4-H Facebook page for virtual activities and 4-H happenings. There are plenty of activities to enjoy.



4-H Teen Zoom Meet-Ups and Virtual Interstate Exchange

Saratoga County 4-H Teen Council is hosting weekly Zoom meet-ups for our 4-H Teen members so that we can all stay connected while social distancing. Each week we talk about things that are going on in our lives, share ideas for staying busy and play fun games.

We are also arranging Virtual 4-H Teen Exchanges with other states. All teens are invited to participate in these fun exchanges and meet new 4-H friends from across the country!

If you would like more information about how to join these meet-ups, please email Leland at glb76@cornell.edu

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.

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

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.

Tips for Hosting a Virtual 4-H Club Meeting

Attention Leaders!

We know you have been missing your kids. We miss them too. Although there is probably quite some time before you're able to meet with your clubs in person, the 4-H office continues to look for ways in which you can reach your club members.

There is no perfect fix, however please look at the [following link](#) on how you can do your clubs virtually so that your 4-H club members may continue to feel a sense of belonging while not meeting in person.

Hope to see you all soon...Greg



Saratoga County 4-H Seniors

Saratoga County 4-H Staff made some special deliveries last week honoring our 4-H Seniors! We at CCE Saratoga and your 4-H Family are very proud of each and everyone of you!



4-H Youth Interested in STEM

Want to learn some basic coding? Possibly hone in your skills?
Or are you just looking for something unique to do?

Join us on Wednesday

May 20 at 6PM

For a statewide virtual Hour of Code.



Hour of Code is an introduction to computer science, designed to demystify "code" and show that anyone can learn together the basics to be a maker, a creator, an innovator!!

THIS program is for youth ages 8-14 and requires an adult chaperone to join.

Use this zoom link to register

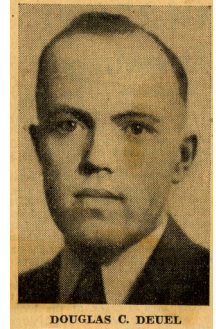
<https://cornell.zoom.us/join/zoom/register/tJwoc--prTwsGdKB0-oDbElc4sJWbwRk4yU2>

Contact Kat Leo at kal64@cornell.edu for further information



4-H Victory Gardens

During World War II, Saratoga County 4-H Club Department accelerated its program to food production and preservation and conservation of our natural resources. During the war, emphasis was placed on Victory Gardens which was part of the 4-H Victory Program, with every 4-H club family being encouraged to have a garden. In addition to the work with 4-H club members, the County 4-H Club Agent Douglas C. Deuel was coordinator of the County Victory Garden Program. This consisted of organizing an adult garden program working with all organizations in the county.



During the year 1946, 7,000 adults participated in the Victory Garden Programs. In addition to the regular 4-H club members, 850 boys and girls in schools in Saratoga County participated in the Victory Garden Program.



Victory gardens, also known as War gardens or Food Gardens for Defense, were a natural “help win the war” project for many 4-H youths as they were already involved with helping with the family garden. Many urban boys and girls took up the charge, planting Victory gardens in backyards, vacant lots, parks, apartment building rooftops, baseball fields, school grounds, and anywhere space was available, including window boxes. The gardens were used

along with food stamps to lessen the pressure on the public food supply. During the war years, about one-third of the vegetables produced by the United States came from Victory gardens. Besides indirectly aiding the war effort, these gardens were also considered a civil “morale booster” in that gardeners could feel empowered by their contribution of labor and rewarded by the produce grown. This made Victory gardens a part of daily life on the home front.

Most of the information was provided by U.S.D.A., land-grant universities, Extension Service, seed and farm implement companies, and others on what vegetables, fruits or herbs to plant; and, how to plant, fertilize, weeding, and water the gardens in order to harvest an abundance of food. Along with this, information on proper canning procedures, freezing and drying fruits and vegetables was readily available. In 1943, families bought 315,000 pressure cookers (used in the process of canning), compared to 66,000 in 1942.



Nearly 20 million Americans planted Victory gardens during the war. And, again, 4-H youth certainly did their share...[read more on 4-H and Victory gardens.](#)

Another component of the wartime 4-H Victory Program carried on by 4-H club members consisted of salvage drives especially scrap iron. 4-H club members living on farms assumed more responsibility in sharing some of the farm operation.

Farm to School sends out 500+ seed kits to students

Over 500 seed kits will be distributed to the four school districts in our Farm to School program. The first round of seeds will be parris island romaine lettuce. Students will be able to get a paper bag with the seed starter instructions, an information fact sheet about seed starting, a pack of seeds, and a pack of soil. In the instructions it has ideas on recycling house hold objects to use as seed starting planters.



The Galway Central School District has printed a copies of the [Farm to School coloring book](#) for all of their 1st-6th grade students, and delivered them with the bagged lunch programs.

Farm to School staff are looking to take some videos on the Pitney Meadows Community Farm to post to our social media so the kids can see what is happening on the farm for planting.

Freezing Berries and Other Fruit via Zoom



Freezing Berries and Other Fruit Friday, May 22, 2020, 11 am via Zoom

Join Cornell Cooperative Extension Master Food Preserver for a lesson via Zoom on how to get the best quality frozen fruit. The recommended freezing method varies for different types of berries and fruit; this presentation will include packing in sugar, syrup, dry or tray pack. Types of packaging materials and ideal freezer storage conditions will also be discussed.

Length: 45 minutes.

Presented by Diane Whitten, CCE Food & Nutrition Educator. No Charge.

Registration Link: <https://cornell.zoom.us/meeting/register/tJ0kf-CpqDlrGtaXSca08xFV4OWPWly8EBdw>

If you're new to Zoom, it will download automatically when you join your first meeting or you can download the Zoom app in advance: <https://zoom.us/download>.

Upcoming Classes in the Food Preservation Educational Series via Zoom

Friday, June 12, 11 am, Making Strawberry Jam:

Learn how to make a full sugar, low sugar or no sugar jam, plus freezer jam; a no cook recipe great for kids that requires no canning equipment. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed.

Friday, June 26, 11 am, Fermenting Vegetables:

Learn how easy and fun it is to ferment foods at home, including sauerkraut and kim chi. This class will include equipment, tips and techniques for successful fermentation. The health benefits of probiotic bacteria in fermented foods will be discussed.

Website and Social Media

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



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