

May 4, 2020

Volume 1, Issue 5

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION UPDATES

Advice for consumers purchasing protein: don't panic, buy local

If we have observed anything from this current pandemic, it might be that the buying habits and purchasing choices of consumers are fickle and highly influenced by the media. In communities in and around Oneida County, the effects of the COVID 19 pandemic are being felt and are changing the way many families shop. Eight weeks ago, we witnessed toilet paper panic buying that resulted in empty shelves and limits placed on the quantity that could be purchased as it was restocked.



Our local dairy farmers watch painfully as both their revenue and their quality product is literally flowing down the drain due to processing bottlenecks and reduced demand from the restaurant and retail sectors.

Now the latest weak link in our food supply chain to fall prey to the effects of COVID 19 is the meat processing industry. Large-scale processing plants; Tyson is one easily recognized by consumers, as is Cargill and JBS all experiencing interruptions and closings due to employees who have contracted the virus. In some instances, employees are refusing to show up for shifts out of fear of being exposed.



Our nation's food supply chain is broken, albeit temporarily. Meeting your family's protein needs and carnivorous cravings has been compromised and according to recent news reports, consumers are likely to see a shortage of beef, pork and chicken on grocery store shelves in the weeks ahead. Do not hit the panic button

just yet. ...continue reading.

*Although this is written for Oneida County, the message still holds true for Saratoga County....**BUY LOCAL**. See Pg. 3 for local farmers' markets and Pg. 4 for Saratoga County Farms that are open during COVID-19.*

Saratoga County Fair CANCELED

In light of the spread of COVID-19, the Board of Directors has been closely monitoring CDC recommendations, updates to the New York State on PAUSE executive order, and recommendations of state and local health authorities as they pertain to large event gatherings scheduled for the summertime.

Based on this guidance and careful consideration, the Board of Directors has made the difficult decision to cancel the 179th Saratoga County Fair scheduled for July 21 - 26, 2020. Since 1841, the Fair has only been canceled once, during the Civil War.

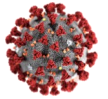


OUR MISSION

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.

CCE Saratoga in times of COVID-19

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.

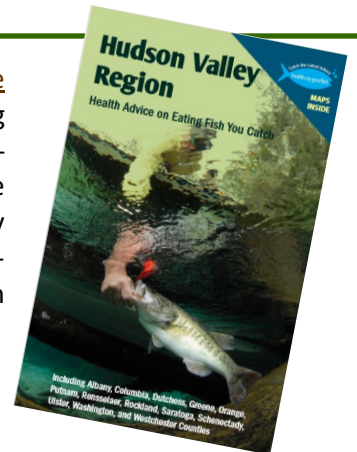
Please be assured we are committed to supporting our communities through this very difficult time and encourage you to [visit our website](#) and social media regularly for up-to-date information including links to relevant websites.

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

Health Advice on Eating Fish You Catch

Fishing is fun and fish are an important part of a healthy diet. Fish contain high quality protein, essential nutrients, healthy fish oils, and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to health. To help people make healthier choices about which fish they eat, the New York State Department of Health issues advice about eating sportfish (fish you catch). The health advice about which fish to eat depends on: Who You Are, Where You Fish, and What You Catch

[Check out this brochure](#) for a list of fishing locations with public access where the fish are safe for the whole family to eat: Hudson Valley Region: Health Advice on Eating Fish You Catch.

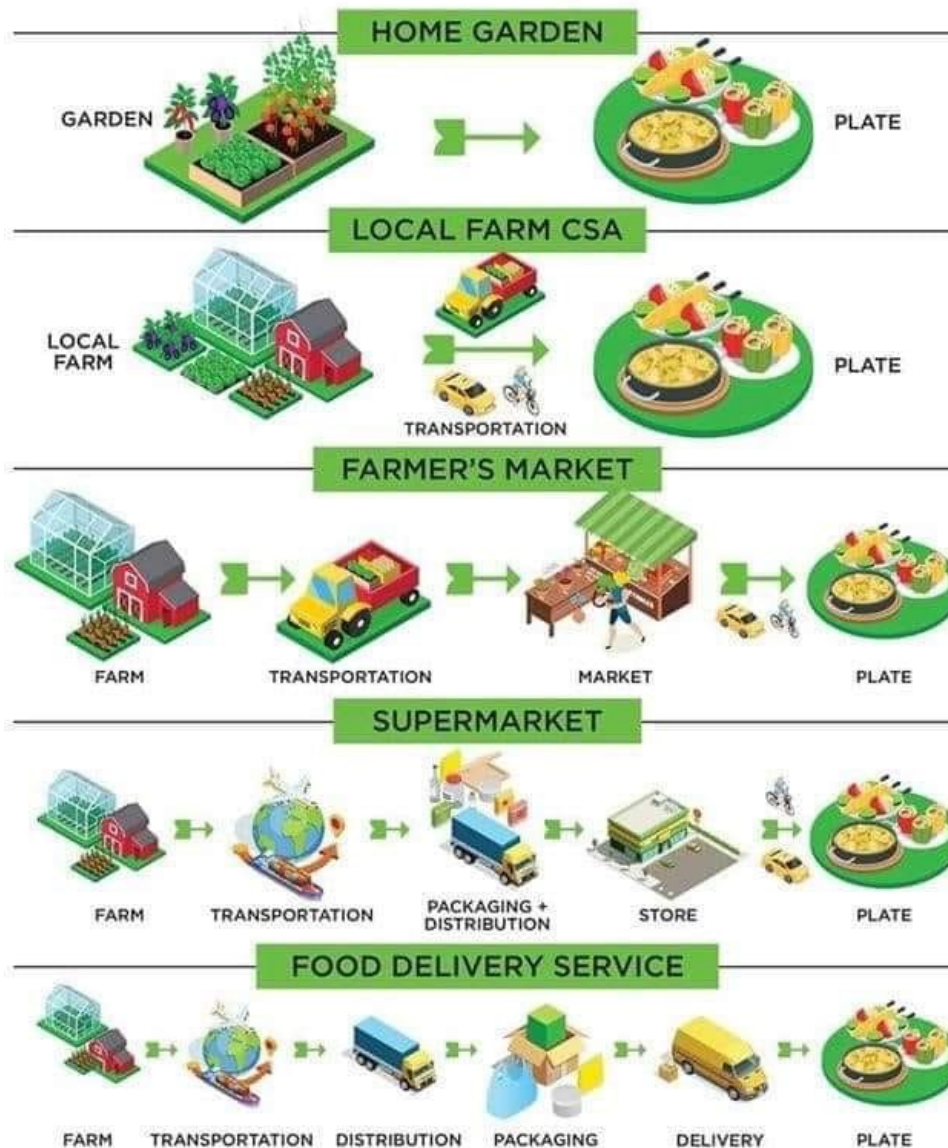


Get Your Fishing License Online

There are three licenses available to New York residents, a 1-day license for \$5, a 7-day license for \$12, or a year-round license for \$25. Youth under the age of 16 does not need a license but must be accompanied by a licensed adult. A senior (over 70 is \$5) Non-resident fees range from \$10-50 depending on duration of license. [You can purchase your licenses online.](#)

1. You will need a valid Driver's License in order to purchase a license through the online system.
2. Visa and MasterCard are accepted for payment of your licenses.
3. Fishing Licenses can be printed on plain paper immediately OR mailed via the USPS. YOU MUST PRINT IMMEDIATELY UPON COMPLETION OF THE SALE. If you choose to have your license mailed to you, allow 10-14 business days for receipt of your license document.

SHORTEN YOUR FOOD CHAIN



Buy Local at Farmers' Markets

Many Saratoga Farmers Market vendors are offering preorders to make your visit to the market quicker. If you are unable to come to the market, there are also many other ways to purchase from our vendors. [Find here Saratoga Farmers Market spreadsheet with what is known from the vendors so far.](#) This spreadsheet is continuously being updated as more of the vendors figure out how to best serve their customers - so check back often!



If you do not see a vendor listed in the spreadsheet yet, please see the [website](#) for a complete listing of vendor contact information.

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



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.



Food Preservation & Preparation

After the Hunt

Making the decision to [field dress your bird](#) starts before your hunt. You will need to make sure you take a sharp knife to do the job quickly and efficiently. There are several ways hunters prepare their birds for cooking.

Whether you decide to pluck or skin it, you will find many recipes for taking your bird from the woods to the table. Many hunters make [jalapeno poppers](#) or [deep fried nuggets](#) out of their wild turkey meat. These recipes are extremely easy to prepare and also quite tasty. There are countless other recipes for the adventurous at home cooks in the [After the Hunt](#) section of the website.



Planting & Growing

Front Yard Food Plot

Want to plant something that is beneficial for wildlife and looks good?

Clover provides quality browse for deer, and also provides excellent brooding areas for wild turkeys because they attract insects. Not to mention, clover is easy on the eyes which means it would be an attractive addition to your yard.



The NWTf Triple Threat clover mix including a blend of Crimson clover, Patriot clover and Durana clover, tends to be moderately shade tolerant and can grow in low sun-light areas. Therefore, it can thrive in a slightly shaded lawn...[continue reading](#).

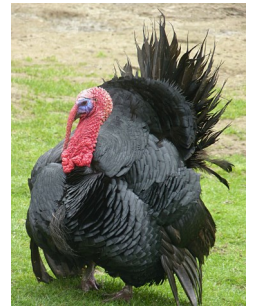


Hunting & Gathering

Turkey Hunting 101

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

The National Wild Turkey Federation (NWTf) has created an educational tool called Turkey Hunting 101 for new hunters to learn everything needed to know about wild turkeys, their behavior and planning a successful hunt...[all that information is compiled here](#).



You will find basic information on preparing to hunt wild turkeys and links to more detailed articles on different aspects of learning to hunt and more advanced hunting techniques. From choosing your first camo, call and gun to finding like-minded hunters, the site has you covered.

If you are interested in turkey hunting but do not have certification to get your hunting license, the state Department of Environmental Conservation (DEC) is offering a complete online hunting safety education course until June 30th. The course can be taken by anyone ages 11 and older and can be taken at any time. A hunter must be at least 12, though, to buy a license...[continue reading](#).



Livestock & Animal Husbandry

Small-Flock Turkey Production

Turkeys can easily be started by hatching eggs or by raising young poults. They can be grown and home processed without the use of expensive processing equipment, or they may be sold to live markets (auctions) or to neighbors...[continue reading](#).

The [short version](#) on Raising Turkeys

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.

Family Food Gardens for Beginners



Have you considered growing food with your family, but aren't sure where to start? Join this webinar for a lesson on the basics of growing fruits, vegetables, and herbs for family gardens. This webinar will focus on: choosing plants, designing your garden space, creating garden plots, building raised beds, and basic equipment.

Thursday, May 21
2:00 PM—3:00 PM

[Register here.](#)

Parents, caretakers, and children are welcome at all sessions. Please contact Annie Mills at akm233@cornell.edu with questions.

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".

Build Your Own Bluebird Nest Box

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.



CCE Saratoga recognizes the importance of the NYS Bird and has been doing Bluebird Conservation for many years. An Eastern Bluebird Workshop event is available through Saratoga County 4-H School Outreach. This is 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.)

1. Reserve your nest box kit , email jac275@cornell.edu
KITS are LIMITED
2. Pick up MAY 6 at 10am –1pm at 4-H Training Center, Ballston Spa (no contact drive-up)
3. Watch [instruction videos](#) to help build your box.
4. Mount the nest box.
5. Enjoys the birds!

COST: \$8 per kit

Check or cash at pickup OR

Credit card by phone (518-885-8995)

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](#)

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



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.



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**



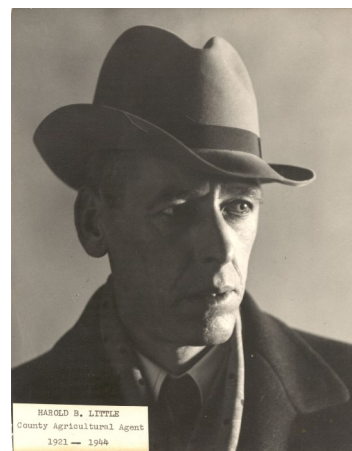
connect with their fellow 4-H'ers! If you are a former Saratoga County 4-H'er, please join in on the fun.

History of 4-H Clubs in Saratoga County

Cornell Cooperative Extension of Saratoga County Records Management/Archives has been working on an ongoing scanning project on Saratoga County 4-H'ers and 4-H Clubs. The project highlights photographs, enrollment cards, and the history of each club. If you have any information on the history of any 4-H Clubs in Saratoga County, such as start up date, leaders, members, activities, photos, etc. that you would like to share and possibly be highlighted in one of our newsletters, please send to Wendy at wlm8@cornell.edu.

The first record of any known 4-H type activity was in 1898. Liberty Hyde Bailey of Cornell University began a system of junior naturalist's leaflets in rural schools and assisted in the organization of nature study clubs.

H.B. Little, the County Agricultural Agent, along with James Gannon pioneered the first 4-H club in Bemis Height, Saratoga County, in March of 1929. The club formed with 6 members: Andrew Gannon, Francis Gannon, James Gannon, Edna Rogers, Ashbel Rogers, and Lloyd Rogers. They called themselves the "Battlefield 4-H Sheep Breeders."



More on the first 4-H Clubs in the next newsletter.

Wild Bird Art Contest—Open to the Public



Our friends in Warren County are doing a Wild Bird Art Contest if any of our members are interested:

As people are seeking activities to do at home, Cornell Cooperative Extension (CCE) of Warren County is introducing a virtual wild bird art contest. The program will be open to youth and adults, with several age categories and participants can be from anywhere within New York State. The contest will begin April 20 and end May 20.

CCE would like to share the following sites to help beginners and even experienced artists hone their skills. Here are some resources:

<https://www.drawinghowtodraw.com/.../drawing-a-bird-robin-wi.../>

<https://www.youtube.com/watch?v=rzxRWTv237M>

<https://www.artistsnetwork.com/.../draw-birds-draw-realistic.../>

<https://www.youtube.com/watch?v=4jV7TVUJdHw>

<https://www.audubon.org/.../november-december-2.../how-draw-bird>

<https://www.youtube.com/watch?v=RcNWFctmOKI>

<https://johnmuirlaws.com/drawing-birds/>



Deadline: All entries must be submitted in one of two ways: emailed to John Bowe at jfb32@cornell.edu as a jpeg or PDF file OR mailed to CCE of Warren County Attn: John Bowe 377 Schroon River Road. Emails must arrive by midnight on May 20th. Mailed entries must be postmarked no later than May 19th.

Rules:

- The work can be no larger than 8.5" x 11".
- This must be an original piece started and completed within the contest entry dates and deadline dates.
- Each participant is limited to one entry. You may complete several and select your best one to enter.
- You must sign and date your entry (cursive is NOT required).
- You may use any style you choose (e.g., water color, pen & ink, pencil, oils, acrylic, etc) that can be rendered on a the specified paper dimensions.
- We encourage you to use New York native species, but will accept any WILD species (no domestic birds).
- There will be four age categories: Cloverbud Youth ages 5-7, Youth 8-12, Youth 13-19, and Adults over the age of 19 as of April 20, 2020.
- The judging will be done by a group of volunteers (youth and adults) selected by Cornell Cooperative Extension.
- A participant may also be a judge, but will not be allowed to judge their age category to prevent any perceived favoritism.

Disclaimer: By submitting an entry or entries to this contest, you are giving permission to Cornell Cooperative Extension of Warren County permission to use your image on our Facebook, website, blogs, and in any public displays we can arrange for this entries.

Prizes: Cloverbud (5-7) youth will each receive a Participant ribbon and no overall winner will be selected. For Youth 8-12, 13-19, and Adults Over the age of 19, the top recipient will received a \$10 gift certificate to Hobby Lobby.

Website and Social Media

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



CCE Saratoga



4-H



CCE Equine



Agriculture
Economic
Development



Capital Region
PRISM

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David Balbian	Nicole Tommell

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